

# Seven habits reflection essay sample



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I liked the book because it had many anecdotes from the author and stories from other people. It helped me to relate because a lot of the stories sounded similar to things going on in my life. I had read Sean Covey's book before but I did not retain the information. This time, when I read it I actually read and thought about the words that had been written and I took them in. I compared all of the habits to my life and I feel like I might actually make a change in my life and model after some of the seven habits.

The key ideas of the book were the seven habits; be proactive, begin with the end in mind, have a win win attitude, seek first to understand than to be understood, synergize, sharpen the saw, and put first things first.

I liked Sean Covey's style of writing because he wrote in a way that was simple and easy to read. He did not use words or phrases that were complicated and he explained things in a very clear way.

I would rate Sean Covey's " 7 habits of a highly effective teen" with 3 and a half stars. Reflection

When I was originally assigned to read a book called " The 7 Habits of Highly Effective Teens" I must admit I was skeptical. I didn't consider myself to be one of " those people" who needed self-help books. After reading the book for five minutes I realized that I only thought this way because I was used to a narrow paradigm. I focused solely on aspects of life that were contained within my " comfort zone", and I've since realized that though my life isn't necessarily bad the way that is it, there is always room for improvement. And then I assign to watch to video that Sean Convey presented about this book. The video and the book have a complete different from what I had

read but it have the same meaning. For the first time I listen to presentation I totally don't understand what he talking about at all. It is because of the language barrel. It's hard to listen to what he said but after I had been listen at home 2 times again I can understand some point he had talked about. Personally, I liked this presentation. It's practical, it's fun, it's attractive and it appeals to the common person.

The author, Sean Covey, can always back up what he says. He talked from experience and can relate to teenagers. His examples prove to truly back up what he has to offer. One important point the video teaches me is how to organize time and work in a functional way, without complaining or crying your miseries out. Rather than be negative, we are urged to be positive and work towards our goals. Moreover, we are urged to know exactly what those goals are and how we plan on obtaining them. His presentation attracted me on the point " Character Ethic" he had been said that we can't have trustworthiness unless we work on character. And apply it to myself it is just like me for the first time that I lead on the direction for my friends but that keep ignore me, and now I know the reason why they keep ignore. It's because I have always joke around with the left and right direction. Now I know one thing I should working on. Listen to his speech, it's taught me a valuable lesson, and I truly appreciate it.

Thank You Sean I can be the better person for tomorrow. And the other habit is " Habit 5 – Seek First to Understand, Then to be understood" taught be to listen in a more effective manner. Though I'm probably not the greatest listener in the world, I'm working to improve it. I enjoyed creating this apply all of it to my own standards, and in doing so I feel I understand exactly why

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you (Dr. Kol Pheng) chose this book for this class. “ The 7 Habits of Highly Effective Teens” applies to the real world. I know this from my own research, and I have found these Habits being carried out in business and in life.

I found it very interesting looking into different companies and applying my knowledge of the 7 Habits to them. I feel it gave me deeper insights into the books ideals and helped me to appreciate them to a great extent. And now I sit in front of this paper and wonder how to finish off this essay. I really feel enlightened, and yet I’m lacking words for closure. Finally, I decided that a quote by Henry Ford would appropriate to finish with, “ Always demanding the best of oneself, living with honor, devoting one’s talents and gifts to the benefits of others – these are the measures of success that endure when material things have passed away”. This is all that I can explain from what I learn from his presentation. And Thank Again to Dr. Kol Pheng, Ven Penh Vibol, and Sean covey that taught me how to value my life.