

## The Habits You Choose Can Make You or Break You!

### Good habits can help you:

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| <ul style="list-style-type: none"> <li>→ Get control of your life</li> <li>→ Improve your relationships with family and friends</li> </ul> | <ul style="list-style-type: none"> <li>→ Get more done in less time</li> <li>→ Increase your self confidence</li> <li>→ Be happy and find balance</li> </ul> |
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7 Habits of Highly Defective Teens	7 Habits of Highly Effective Teens
1. <b>React.</b> Blame all of your problems on your parents, your stupid teachers, your dumb friends. Be a victim. Take no responsibility for your life.	1. <b>Be Proactive</b> Take responsibility for your life! Do what it takes to reach your goals. Don't be a victim; realize that there are consequences for your actions and accept responsibility.
2. <b>Begin with No End in Mind</b> Don't have a plan. Avoid goals at all costs. Never think about tomorrow. Don't worry about the consequences of your actions.	2. <b>Begin with the End in Mind.</b> Define your mission and your goals in life. Plan for the future and work towards your goals in small, specific steps.
3. <b>Put First Things Last</b> Don't do the important things first—do them after you have watched TV, surfed the net, played basketball and goofed off. Always put off your homework until tomorrow.	3. <b>Put First Things First</b> Prioritize, and do the most important things first. Don't be such a lazy bum! Know what needs to be done, and do it! Know the difference between what is important, and what is not.
4. <b>Think Win-Lose</b> See life as a vicious competition. They are out to get you, so you'd better get them first. There isn't enough for everyone, so you'd better grab yours. Don't let anyone else succeed, because if they win, you lose.	4. <b>Think Win-Win</b> Have an everyone-can-win attitude. There is enough success for everybody, and we all do better when we help each other. Help others succeed, and take joy in their success.
5. <b>Seek First to Talk, Then Pretend to Listen</b> Always express your side of the story first. Once you're sure you've made your point, pretend to listen. Nod and say "uh-huh".	5. <b>Seek First to Understand, Then to Be Understood</b> Listen to people sincerely. Understand their point of view before you start spouting yours.
6. <b>Don't Cooperate</b> Teamwork is for the birds. No one has better ideas than you do, so you are better off doing things by yourself. Be an island.	6. <b>Synergize</b> Work together to achieve more. Be open to new ideas; welcome the help of others. Be a team player, and help others as you help yourself.
7. <b>Wear Yourself Out</b> Be so busy with life that you never take time to reflect, renew or improve yourself. Don't learn anything new. Don't try to be better.	7. <b>Sharpen the Saw</b> Renew yourself on a regular basis. Exercise, Reflect, renew yourself mentally, spiritually, physically and emotionally.