

What teens and others
are saying about

7^{The} HABITS of Highly Effective TEENAGERS

“Unlike my book on the 7 Habits, this book, by my son Sean, speaks directly to teens in an entertaining and visually appealing style (and, Sean, I never thought you listened to a word I said). As prejudiced as this may sound, this is a remarkable book, a must-read!”

—DR. STEPHEN R. COVEY (1932–2012), Sean Covey’s dad, author of the #1 *New York Times* bestseller *The 7 Habits of Highly Effective People* and cofounder and former vice chairman of Franklin Covey Co.

“‘Like father, like son’ may be a cliché, but Sean has proved it to be true. Sean is as effective as his father in providing directions to teens so that their lives become meaningful. Sean’s *7 Habits* is a book every teenager should read and emulate.”

—ARUN GANDHI, president of Gandhi Worldwide Education Institute

“I have long been a fan of Stephen Covey and his book *The 7 Habits of Highly Effective People*. In fact, I liked his principles so much that we teach them to our players in the off-season as leadership principles. When I saw Sean’s book *The 7 Habits of Highly Effective Teens*, I was excited to have another weapon to take our players and culture to a higher level. Whether you are a teen or not, you should read this book!”

—ANSON DORRANCE, coach of the University of North Carolina women’s soccer team, twenty-two-time national collegiate champions

“Sean’s can-do examples remind me of how important it is to make the most of what I have. I play a lot of sports, though I’m not a big kid. This book helped me realize that I have to rely on my speed and my smarts if I want to reach my goals.”

—BRENT KUIK, age 15

“Growing up isn’t easy, but with the help of Sean Covey’s book, young adults can learn to navigate through this awkward time and come out on the other side as a highly effective adult. *The 7 Habits of Highly*

Effective Teens empowers young adults by reminding them that it is perfectly normal to make mistakes, but luckily, if and when teenagers get off course, this book will help them navigate the treacherous waters of adolescence. Through the literary experiences shared in this book, hopefully teenagers can learn to love themselves and ultimately discover the effective adult waiting underneath the surface. As a teacher, I like how this book is not only a how-to for young adults but also a jumping-off point for teachers, who are struggling to connect with their students, by giving them the tools to shape a world that they can be proud of!"

—ERIN GRUWELL, founder of Freedom Writers Foundation,
author of the #1 *New York Times* bestseller *The Freedom
Writers Diary*, and inspiration for the 2007 film *Freedom Writers*

"I highly recommend the simple, straightforward advice provided in *The 7 Habits of Highly Effective Teens* to teenagers, young adults, and their parents. You'll hear new perspectives on how to improve your relationships and leadership skills that will positively impact your life, resulting in greater happiness. You will see that is easier than you may have thought to start making these changes today. And more than that—you will be able to do it and be successful at anything you choose to do. I have personally read it and practiced the timeless principles with my daughters."

—DIANA THOMAS, U.S. vice president of training, learning, and development,
McDonald's Corporation

"This is an easy-to-understand book full of interesting stories. I really related to Sean's personal story about the fear of performing in front of people since I am violinist. I'm sure teenagers around the globe will be able to relate as well."

—EMILY INOUYE, age 14

"Fifteen years ago Sean Covey wrote a powerful book that taught teens that they had the ability to choose their behavior but not the consequences. The decisions that teens make could change their lives forever! Every young person should read *The 7 Habits of Highly Effective Teens*. It's a must-read for all my students!"

—SALOME THOMAS-EL, award-winning educator and author of *The Immortality of
Influence* and *I Choose to Stay*

"One of the most defining parts of my career was the habits I built for myself as a teen. And that's why this book is so important. The younger you are when you set your direction and goals and learn the tools that help you get there, the better off you will be. This book defines what it means to succeed and is a must-read for every young adult. I only wish someone had shown it to me during those most formative years of my life. I recommend it to anyone!"

—CHELSIE HIGHTOWER, professional ballroom dancer on *Dancing With the Stars*
and *So You Think You Can Dance*

“Sean’s book helps teenagers to become climbers rather than campers, to live with a goal in mind, and to confront obstacles with a no-barriers mind-set. He urges young people to ‘make your life extraordinary’ and provides a pathway which will get them there. In a world with so many distractions and temptations, the guidelines he provides are invaluable to a purposeful and successful life.”

—ERIK WEIHENMAYER, blind adventurer, speaker, author, and filmmaker

“If you are a teen, or know someone who will be, have them read this book. It will help them establish a pattern for dealing with change, disappointment, and even success. It is truly a powerful, life-changing book.”

—DEREK HOUGH, Emmy Award-winning choreographer

“The inspiring examples from real-life problems that teenagers like myself deal with every day, and their experiences and situations, have helped me make lifesaving decisions. I highly recommend this book to any teenager.”

—JEREMY SOMMER, age 19

“*The 7 Habits of Highly Effective Teens* has made it easier than ever before for teens to navigate through life! If you want to live a life of contribution, set and achieve extraordinary goals, and stay focused and organized, practice every habit in Sean’s book. It will help you become who you want to be.”

—JULIE MORGENSTERN, author of *Organizing from the Inside Out for Teens*

“This book serves as a great sword in the battle for our young people’s minds. It deserves to be more than just read but lived in everyday life. What a great explanation of human values, ethics, and overall how to live a successfully fulfilled life.”

—DRAKE WHITE, country music artist, songwriter

“*The 7 Habits of Highly Effective Teens* is a valuable guide to navigate through adolescent struggles and uncertainty. I wish someone had given me Sean Covey’s book during my teenage years. This book is a vital guide to encourage teens through the game of life. Whether it is advice on achieving their own goals, to discovering the right peers, to connecting more with their parents, this book has it all and is a recipe for teenage success and a solid foundation for the future. My children will be given *The 7 Habits of Highly Effective Teens* as soon as they enter their adolescent years!”

—DOMINIQUE MOCEANU, U.S. Olympic gold medalist in women’s gymnastics and author of the *New York Times* bestselling *Off Balance*

“I would highly recommend Sean Covey’s book *The 7 Habits of Highly Effective Teens* because it teaches whoever reads it how to set goals, get organized, prioritize, make good decisions, and most of all to help build

good character. Take it from me—they are all the things that will help them achieve success in their lives. Sean does a great job with the book.”

—JIMMER FREDETTE, Naismith and Wooden awards winner, NBA player

“Teens face many challenging issues. And, it’s great that a 7 Habits book is now available to help direct teens toward positive living. Through my foundation’s programing, we recognize the power of dreams and stress the importance of executing a detailed plan to propel you toward your goals.”

—MICHAEL PHELPS, winner of twenty-two Olympic medals and founder of the Michael Phelps Foundation

“I wish I’d had this book when I was a teen.”

—SHANNON HALE, author of the Newbery Honor–winning *Princess Academy* and *The Goose Girl*

“Life is such a precious and beautiful thing that so many people take for granted. Even at a very young age, my son was able to leave a tremendous legacy and influence the lives of so many people forever. In his short life, he experienced and overcame great difficulty and did so with an extraordinary positive spirit. He exhibited so many of the habits taught in *The 7 Habits of Highly Effective Teens*. Had my son had the chance to grow up, I know this book would have been a great guide and given him the tools he needed to navigate his way through life. If you are lucky enough to grow up, make mistakes, and learn from them, having someone like Sean guide you with this book is truly a gift.”

—MAYA THOMPSON, founder of the Ronan Thompson Foundation

“*The 7 Habits of Highly Effective Teens* gives you new insight into the meaning of being powerfully successful. It teaches the importance of setting goals and sticking to them in order to achieve your dreams.”

—PICABO STREET, National Ski Hall of Famer, Olympic gold medalist, and former member of the U.S. ski team

“What? Sean Covey wrote a book? You’ve got to be kidding!!!”

—Sean’s high school English teacher

“*The 7 Habits of Highly Effective Teens* is a touchdown! The sooner you develop good, strong habits, the more effective your life will be. This book will help you do just that.”

—STEVE YOUNG, NFL Hall of Famer and Super Bowl MVP

“I used one of the stories from your book in a speech I gave at leadership camp and it helped me to be elected governor! Thanks, Sean Covey!!!!”

—LEISY OSWALD, age 16

“The best way to ‘make it happen’ in your life is to make the right choices as a teen. *The 7 Habits of Highly Effective Teens* lets teens see themselves as the principal force in their lives, regardless of their background or current walk of life.”

—STEDMAN GRAHAM, chairman and CEO of S. Graham & Associates, founder of Athletes Against Drugs, author of *New York Times* bestseller *You Can Make it Happen* and *Identity: Your Passport to Success*

“For a professional athlete, winning basketball games is important—but winning at the game of life is even more important. *The 7 Habits of Highly Effective Teens* provides a game plan for teens to become team players with their teammates in life, their families and friends. It presents strategies for becoming a better all-around person and elevating individual skills.”

—SHERYL SWOOPES, head coach of Loyola University women’s basketball team, four-time WNBA champion, three-time MVP, NCAA champion, and three-time Olympic gold medalist

“Today’s teens are the future leaders of our families, communities, and nation. *The 7 Habits of Highly Effective Teens* teaches them the value of hard work, setting and achieving goals, and taking responsibility and initiative, all of which are characteristics of effective leaders.”

—MICHAEL O. LEAVITT, former U.S. Secretary of Health and Human Services

“I have been juggling family, school activities, friends, and after-school responsibilities. When I read *The 7 Habits of Highly Effective Teens* it helped me become a more organized person. I used a lot of the cartoons to help me remember stories and examples.”

—JOY DENEWELLIS, age 18

“Stephen Covey must be rightfully proud of his son Sean, who absorbed his father’s lessons well. Those who wish to avoid the temptations and devastation of drugs, including alcohol, would be wise to implement *The 7 Habits of Highly Effective Teens*. Written for teenagers, this book is an indispensable tool, helping young people make the right choices, while growing up in the chaos of today. I wish there had been a book like this for those of us who grew up in the sixties.”

—CANDACE LIGHTNER, president of We Save Lives and founder of Mothers Against Drunk Driving

**Other Books from
Franklin Covey Co.**

The 7 Habits of Happy Kids

The 4 Disciplines of Execution

The Speed of Trust

The 7 Habits of Highly Effective People

*The 6 Most Important Decisions You'll Ever Make:
A Guide for Teens*

Principle-Centered Leadership

First Things First

The Leader in Me

The 3rd Alternative

The 8th Habit

The Wisdom and Teachings of Stephen R. Covey

Let's Get Real or Let's Not Play

Great Work, Great Career

Smart Trust

The 7 Habits of Highly Effective Families

Life Matters

What Matters Most

The 10 Natural Laws of Successful Time and Life Management

The Power Principle

7 The HABITS of Highly Effective TEENAGERS



***The Ultimate
Teenage Success
Guide***



Sean Covey



**SIMON &
SCHUSTER**

London · New York · Sydney · Toronto · New Delhi

A CBS COMPANY

To MOM
FOR ALL THE LOVE, LULLABIES,
AND LATE-NIGHT TALKS

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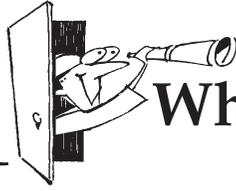
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Lyric excerpts of "You've Got To Be Carefully Taught" by Richard Rodgers and
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What's Inside

Introduction xv

Part I—The Set-up

Get in the Habit 3
They Make You or Break You

Paradigms and Principles 11
What You See Is What You Get

Part II—The Private Victory

The Personal Bank Account 31
Starting with the Man in the Mirror

Habit 1—Be Proactive 47
I Am the Force

Habit 2—Begin with the End in Mind 73
Control Your Own Destiny or Someone Else Will

Habit 3—Put First Things First 105
Will and Won't Power

Part III—The Public Victory

The Relationship Bank Account 131
The Stuff That Life Is Made Of

Habit 4—Think Win-Win 145
Life Is an All-You-Can-Eat Buffet

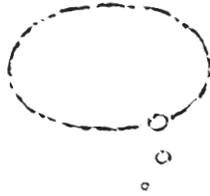
**Habit 5—Seek First to Understand,
Then to Be Understood** 163
You Have Two Ears and One Mouth . . . Hel-lo!

Habit 6—Synergize 181
The “High” Way

What's Inside

Part IV—Renewal

Habit 7—Sharpen the Saw	205
<i>It's "Me Time"</i>	
Keep Hope Alive!	243
<i>Kid, You'll Move Mountains</i>	
Book Study Guide	247
Thank Yous	251
Info Central	253
Great Books for Teens	256
Bibliography	257
Index	259



Who am I?

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed—you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great individuals and, alas, of all failures, as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a human. You may run me for a profit or run me for ruin—it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?

**I am
Habit.**

INTRODUCTION

The world has totally changed since I wrote the first version of this book. Back then, there was no Facebook or Twitter. There were no smartphones. There was no DIRECTV or Netflix. How boring!

Even with all these changes, a few things haven't changed. Choice hasn't changed. We are still free to choose what we do with our lives. The importance of relationships hasn't changed. Relationships are still the thing that matters most. And principles—such as responsibility, vision, teamwork, service, and renewal—haven't changed. They still rule.

That is why the 7 Habits will never go out of style, because they are based on timeless principles that endure. In fact, as the world gets crazier, the 7 Habits will only become more essential. There will always be a need to be proactive and take initiative. There will always be a need to seek first to understand another person before seeking to be understood. The 7 Habits aren't going anywhere.

Over the past many years I have received thousands of emails and letters from teen readers all around the globe, sharing their problems and successes. Upon reading these I picked up on three recurring themes.

First, everyone has problems with relationships—with friends, boyfriends and girlfriends, moms and dads, aunts and uncles, you name it. So if you have relationship problems, you're not alone. Welcome to the club.

Second, virtually every teen who wrote me wants to change and get better. They want to stop doing drugs or start doing better in school or lose weight or break out of the depression they are in or whatever. If you're like them, you want to get better, too.

Third, the 7 Habits really do work. Remarkably well! Among other things, they help you triumph over setbacks, build friendships, make smarter choices about dating and sex, do better in school, take charge of your life, build self-worth, and, believe it or not, even get along with your parents.

A teenage girl wrote me about how learning Habit 1, Be Proactive, turned her life around:

In the past six months, I've been through a lot. The love of my life broke my heart and refused to talk to me. From there he started up a friendship with my best friend. My parents went back and forth on divorce decisions. My brother got into drugs. My life just started falling apart. Then my mom bought this 7 Habits book and it really changed my way of

thinking. The part that stuck out was when the book said that no one can ever make you mad and/or ruin your day unless you let them. I always based my whole day on if one certain person talked to me or if something happened or whatnot. Now I don't care. When something bad happens, I smile through it anyway. And when HE doesn't say hi to me, I say hi to someone hotter and make my own day. It's so much easier to make your own day than to let someone else do it. All my friends have noticed a difference. I actually smile and am happy for once.

I know you have to deal with a lot of hard things in life. You have bad hair days. People say mean things. Parents get divorced. People you love pass away. Accidents happen. In the larger world, you have to cope with terrorism, wars, AIDS, cancer, global competition, cyberbullying, drugs, pornography, and trans fats.

All that said, I believe that if you could choose any time period in which to live during the world's existence, you couldn't find a better time than now. Truly, today is the best time in history to be born! It's a far better life than what the Egyptians or Romans or Aztecs or Ming Dynasty people ever experienced. Think about it. There is more freedom, information, wealth, and opportunity available today and to more people than ever before.

Consider information and technology. Through the Internet, the world is at your fingertips. You have hundreds of television channels and radio stations. If you want to learn about Greek mythology, you don't have to go to a library or find an expert, like your parents did when they were your age, you Google it! If you want to learn how to play the guitar, make a cheesecake, or even fly a helicopter (not that I'm suggesting that), search YouTube and there you have it!

With your smartphone you can check out the seven-day weather forecast for Jakarta or take high-definition photos of your dog or view a map of every single street in the civilized world. Imagine that! And it's not slowing down. Moore's Law says that the microchip's computing power doubles every eighteen months. I can't wait for my hover car!

The speed of change is accelerating as well. For instance, India and China are impacting everything. Companies like Amazon and Facebook spring up almost overnight and become global powerhouses.

Opportunities are everywhere. Who would have guessed that a twenty-eight-year-old programmer named Pierre Omidyar would become an almost overnight billionaire by writing code for a com-

pany he called eBay that brings buyers and sellers together on the Internet?

Yep, even with the challenges of our day, it is a great time to be alive. There is so much good we can do. There are so many people we can help. As one wise leader put it, "This is a magnificent time to live. It is a time when our influence can be tenfold what it might be in more tranquil times."

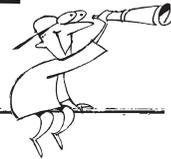
As well, I hope you'll never forget what Uncle Ben told Spider-Man. "With great power comes great responsibility." No, you're not Spider-Man or Katniss Everdeen. But you do have great freedom and opportunity, more than any generation that has ever lived, and with that comes great responsibility.

So enjoy this new edition of *The 7 Habits of Highly Effective Teens*, updated for the Internet age. You'll love the new language, stories, and anecdotes spread throughout the book. I wish you all my best as you build a future so bright you'll have to wear shades.

—Sean Covey

PART I

The Set-up



Get in the Habit

They Make You or Break You

Paradigms and Principles

What You See Is What You Get

Get in the **H**abit

T H E Y M A K E Y O U O R B R E A K Y O U

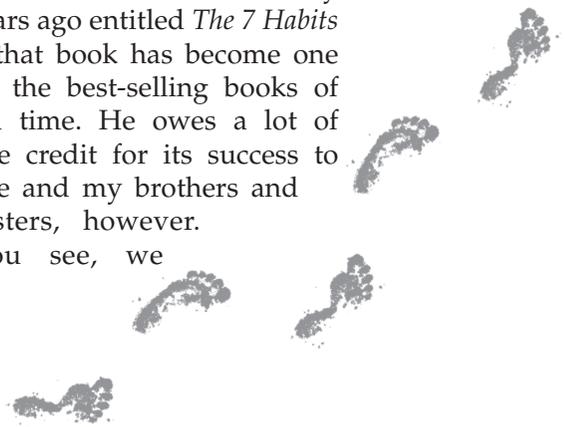
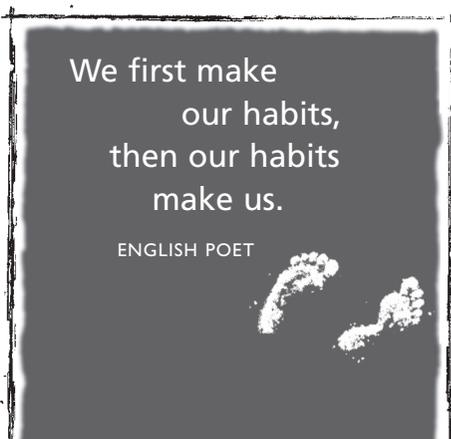
Welcome! My name is Sean and I wrote this book. I don't know how you got it. Maybe your mom gave it to you to shape you up. Or maybe you bought it with your own money because the title caught your eye. Regardless of how it landed in your hands, I'm really glad it did. Now you just need to read it.

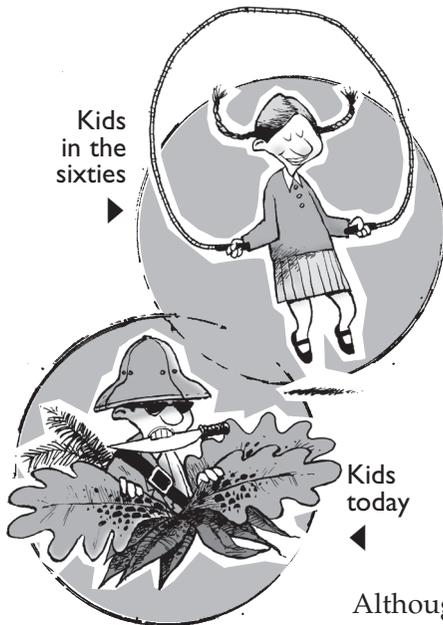
A lot of teens read books, but I wasn't one of them. (I did read several book summaries, however.) So if you're like I was, you may be ready to shelve this book. But before you do that, hear me out. If you promise to read on, I'll promise to make it an adventure. In fact, to keep it fun, I've stuffed it with cartoons, clever ideas, great quotes, and powerful stories about real teens from all over the world . . . along with a few other surprises. So, with that in mind: will you give it a try?

Okay? Okay!

Let's dive in, then. This book is based on another book that my dad, Stephen R. Covey, wrote several years ago entitled *The 7 Habits of Highly Effective People*. Surprisingly, that book has become one of the best-selling books of all time. He owes a lot of the credit for its success to me and my brothers and sisters, however.

You see, we





were his guinea pigs. He tried out all of his psycho experiments on us, and that's why my brothers and sisters have major emotional problems (just kidding, siblings). Luckily, I escaped uninjured.

So why did I write this book? I wrote it because life for teens is no playground. It's a jungle out there. And if I've done my job right, this book can be like a compass to help you navigate through it. Unlike my dad's book, which was written for old people (and can get really boring at times), this book was written especially for teens and is always interesting.

Although I'm a retired teenager, I still remember what it was like to be one. I could've sworn I was riding an emotional roller coaster most of the time. Looking back, I'm actually amazed that I survived. Barely. I'll never forget the time in seventh grade when I fell in love with a girl named Nicole. I told my friend Clar to tell her that I liked her (I was too scared to speak directly to girls so I used messengers). Clar completed his mission and returned and reported.

"Hey, Sean, I told Nicole that you liked her."

"What'd she say!?" I asked impatiently.

"She said, 'Ohh, Sean? He's fat!'" Clar laughed.

I was devastated. I felt like hiding in my room and never coming out again. I vowed to hate girls for life. Luckily my hormones prevailed and I began liking girls again.

I've interviewed a lot of teens in the making of this book. I suspect that some of the struggles they shared with me will be familiar to you too:

"There's too much to do and not enough time. I've got school, homework, job, friends, parties, and family on top of everything else. I'm totally stressed out. Help!"

"How can I feel good about myself when I don't match up? Everywhere I look I am reminded that someone else is smarter, or prettier, or more popular. I can't help but think, 'If I only had her hair, her clothes, her personality, her boyfriend, then I'd be happy.'"

"If I could only get my parents off my back I might be able to live my life. It seems they're constantly nagging, and I can't ever seem to satisfy them."

"I know I'm not living the way I should. I'm into everything—drugs, drinking, sex, you name it. But when I'm with my friends, I give in and just do what everyone else is doing."

"I've started another diet. I think it's my fifth one this year. I really do want to change, but I just don't have the discipline to stick with it. Each time I start a new diet I have hope. But it's usually only a short time before I blow it. And then I feel awful."

"I'm not doing too well in school right now. If I don't get my grades up I'll never get into college."

"I'm moody and get depressed often and I don't know what to do about it."

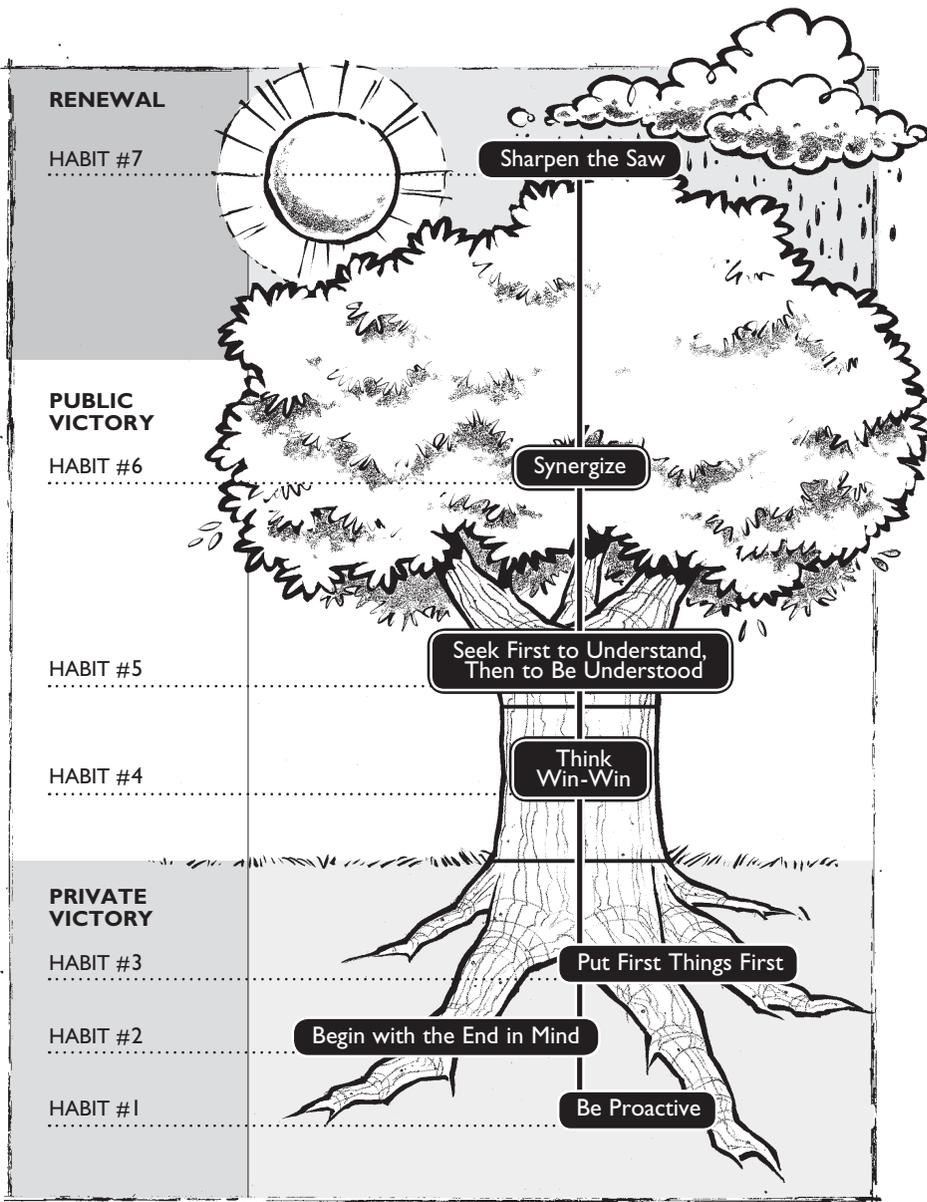
"I feel as if my life is out of control."

These problems are real, and you can't turn off real life. I won't pretend you can. Instead, I'll give you a set of tools to help you deal with real life. What are they? The 7 Habits of Highly Effective Teens or, said another way, the seven characteristics that happy and successful teens all over the world have in common.

By now, you're probably wondering what these habits are so I might as well end the suspense. Here they are, followed by a brief explanation:

- Habit 1: **Be Proactive**
Take responsibility for your life.
- Habit 2: **Begin with the End in Mind**
Define your mission and goals in life.
- Habit 3: **Put First Things First**
Prioritize, and do the most important things first.
- Habit 4: **Think Win-Win**
Have an everyone-can-win attitude.
- Habit 5: **Seek First to Understand, Then to Be Understood**
Listen to people sincerely.
- Habit 6: **Synergize**
Work together to achieve more.
- Habit 7: **Sharpen the Saw**
Renew yourself regularly.





As the above diagram shows, the habits build upon one another. Habits 1, 2, and 3 deal with self-mastery. We call it the “private victory.” Habits 4, 5, and 6 deal with relationships and teamwork. We call it the “public victory.” You’ve got to get your personal act together before you can be a good team player. That’s why the private victory comes before the public victory. The last habit, Habit 7, is the habit of renewal. It feeds all of the other six habits.

The habits seem pretty simple, don’t they? But just wait till you see how powerful they can be! One great way to understand what

the 7 Habits are is to understand what they are *not*. So here are the opposites, or:

The 7 Habits of Highly Defective Teens

Habit 1: React

Blame all of your problems on your parents, your stupid teachers, your lousy neighborhood, your boy- or girlfriend, the government, or something or somebody else. Be a victim. Take no responsibility for your life. If you're hungry, eat. If you're bored, make trouble. If someone yells at you, yell back. If you feel like doing something you know is wrong, go for it.

Habit 2: Begin with No End in Mind

Don't have a plan. Avoid goals at all costs. And never think about tomorrow. Why worry about the consequences of your actions? Live for the moment. Sleep around, get wasted, and party on, for tomorrow you die.

Habit 3: Put First Things Last

Whatever is most important in your life, don't do it until you have spent sufficient time watching videos of cute animals on YouTube, texting endlessly, and lounging around. Always put off studying until tomorrow. Make sure that fun things come before important things.

Habit 4: Think Win-Lose

See life as a vicious competition. If you want to be at the top of the popularity list, you'd better knock someone else off first. Don't let anyone else succeed at anything because, remember, if they win, you lose. If it looks like you're going to lose, however, make sure you drag that sucker down with you.

Habit 5: Seek First to Talk, Then Pretend to Listen

You were born with a mouth, so use it. Talk a *lot*. Always express your side of the story first. Once everyone understands your views, pretend to listen to theirs by nodding and saying "uh-huh" while daydreaming about what's for lunch. Or, if you really want their opinion, give it to them.

Habit 6: Don't Cooperate

Let's face it, other people are weird because they're different from you. So why try to get along with them? Teamwork's for the dogs. Since you always have the best ideas, you're better off doing everything by yourself. Be your own island.





Habit 7: *Wear Yourself Out*

Be so busy with life that you never take time to renew or improve yourself. Never study. Don't learn anything new. Avoid exercise like the plague. And, for heaven's sake, stay away from good books, nature, or anything else that may inspire you.

As you can see, the habits listed above are recipes for disaster. Yet many of us indulge in them . . . regularly (me included). And, given this, it's no wonder

that life can really stink at times.

● WHAT EXACTLY ARE HABITS?

Habits are things we do repeatedly. But most of the time we're hardly aware that we even have them. They're on autopilot.

Some habits are good, such as:

- Exercising regularly
- Planning ahead
- Showing respect for others

Some are bad, including:

- Thinking negatively
- Feeling inferior
- Blaming others

And some don't really matter, like:

- Taking showers before bed instead of in the morning
- Putting hot sauce on every meal
- Listening to music while you exercise

Depending on what they are, our habits will either make us or break us. We become what we repeatedly do. As writer Samuel Smiles put it:

*Sow a thought, and you reap an act;
Sow an act, and you reap a habit;
Sow a habit, and you reap a character;
Sow a character, and you reap a destiny.*

Luckily, you are stronger than your habits. You can change them. For example, try folding your arms. Now fold them in the opposite way. Feels pretty strange, right? But if you folded them in the opposite way for thirty days in a row, it wouldn't feel so

strange. You wouldn't even have to think about it. You'd get in the habit.

At any time you can look yourself in the mirror and say, "Hey, I don't like that about myself," and you can exchange a bad habit for a better one. It may not always be easy, but it's always possible.

Maybe not every idea in this book will work for you. But you don't have to be perfect to see results, either. Just living some of the habits some of the time can help you experience changes in your life you never thought possible.

The 7 Habits can help you:

- Get control of your life
- Improve your relationships with your friends
- Make smarter decisions
- Get along with your parents
- Overcome addictions and self-destructive habits
- Define your values and what matters most to you
- Get more done in less time
- Increase your self-confidence
- Be happy
- Find balance between school, work, friends, dating, and everything else



One final point. It's your book, so use it. Get out a pen or highlighter and mark it up. Don't be afraid to underline, circle, or bookmark your favorite ideas. Take notes in the margins. Scribble. Reread the stories that inspire you and memorize the quotes that give you hope. Try doing the "baby steps" at the end of each chapter, which were designed to help you start living the habits immediately. You'll get a lot more out of the book if you do.

You may also want to check out the hotlines and websites listed at the back of the book for additional help or information.

If you're the kind of reader who likes to skip around looking for cartoons and tidbits, that's fine. But at some point you ought to read the book from start to finish, because the 7 Habits are sequential. Each chapter builds on the last. Habit 1 comes before Habit 2 (and so on) for a reason.

So what do you say? Make my day and read this book!



COMING ATTRACTIONS

Up next, we'll take a look at ten of the dumbest statements ever made. You don't want to miss them. So read on!

