

## The 7 Habits of Highly Effective Teens Test

1. Self-centered is thinking the world revolves around you and your problems. What center is timeless, unchanging, and real? \_\_\_\_\_

2. What Principles are stated in the Mile High Karate Black Belt Creed?

_____	_____
_____	_____
_____	_____

3. How you feel about yourself is like a Personal (emotional) Bank Account. You can make deposits to or withdrawals from this account. List 6 key deposits one can make to their PBA.

_____	_____
_____	_____
_____	_____

4. Habit 1, be proactive, is the key to unlocking all the other habits. Proactive people are those who take responsibility for their lives. Proactive people make choices based on \_\_\_\_\_.

5. The one thing that we **can** control is how we \_\_\_\_\_ to what happens to us. We can \_\_\_\_\_ our response to life's situations and our attitudes. We call this our Circle of Control. We should focus on the things we can control and not worry too much about the things we cannot control.

6. Being Proactive really means two things. First, you take \_\_\_\_\_ for your life. Second, you have a \_\_\_\_\_ - \_\_\_\_\_ attitude.

7. Habit 2, Begin with the End in Mind means developing a clear picture of where you want to go with your life. It means deciding what your values are and \_\_\_\_\_.

8. Give two good reasons why it is so important for a teen to have an end in mind?

1. \_\_\_\_\_

2. \_\_\_\_\_

9. A personal mission statement will open your eyes to what is really important to you and help you make \_\_\_\_\_ accordingly.

10. A personal mission statement can give you \_\_\_\_\_ in an ever-changing world.

11. A goal not written is only a \_\_\_\_\_. Do or Do not. There is no \_\_\_\_\_.
12. Life is a mission, not a career. A career is a profession. A mission is a cause. A mission asks, "How can I make a \_\_\_\_\_?"
13. Habit 3 , Put First Things First, is all about learning to manage and prioritize your time based on: (Circle one)
- A) What your friends think.
  - B) Your mission and goals.
  - C) What will be the most fun?
  - D) Your mood.
14. Which time quadrant should you spend your discretionary time in? \_\_\_\_\_
15. Name some task that appear urgent, but may not be important? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
16. Which is not a result of living in Quadrant 2? (Circle one)
- A) High Performance
  - B) Control of your life
  - C) Reputation for being a pleaser
  - D) Balance
17. Hard moments are conflicts between doing the right thing and doing the easier thing. How we handle the hard moments, can shape our lives forever. Which is not a "Hard Moment" (Choose one)
- A) Getting up when your alarm goes off.
  - B) Choosing good friends.
  - C) Resisting negative peer pressure.
  - D) Rebounding after a major setback.
18. What is the RBA? \_\_\_\_\_ .
19. Your most important relationships can stand on their own without frequent deposit into the RBA. Circle one: True or False.
20. Name six deposits / withdrawals to an RBA.
1. \_\_\_\_\_ / \_\_\_\_\_
  2. \_\_\_\_\_ / \_\_\_\_\_
  3. \_\_\_\_\_ / \_\_\_\_\_
  4. \_\_\_\_\_ / \_\_\_\_\_
  5. \_\_\_\_\_ / \_\_\_\_\_
  6. \_\_\_\_\_ / \_\_\_\_\_

21. Habit 4, Think Win-Win is an attitude toward life, a mental frame of mind that says I can win, and so can you. Think Win-Win is the foundation for getting (choose one)
- A) your friends to like you
  - B) along well with others
  - C) what you want out of life
  - D) all of the above.

22. Having the attitude of Win-Win is even more important than obtaining a Win-Win agreement. Give two examples of a Win-Win attitude.

1. \_\_\_\_\_

2. \_\_\_\_\_

23. The key to Win-Win is staying in communications long enough to find the third alternative that is mutually benefiting to both parties. Name two characteristics that are detrimental to a Win-Win attitude.

C \_\_\_\_\_ and C \_\_\_\_\_

24. Habit 5, Seek First to Understand, then to be understood. In other words, listen \_\_\_\_\_, talk \_\_\_\_\_ . This habit is the key to communication.

25. What is the advantage of seeing things from another's point of view before sharing your own?

\_\_\_\_\_

26. What three things are required for "Genuine Listening" to take place?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

27. You've got to share your feelings or they'll eat your heart out. Unexpressed feelings never \_\_\_\_\_. They are buried alive and come forth later in \_\_\_\_\_ ways.

28. Give an example of an "I message" instead of a "you message".

\_\_\_\_\_

28. Habit 6, Synergize, The whole is more than the sum of the individual parts.  $1 + 1 = 3$  or more. Give four examples of what synergy is and is not.

Is

Is Not

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_

29. After taking the test on page 187, What fruit are you? \_\_\_\_\_

30. List four statements in that fruit group that accurately describes you.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

31. Name three roadblocks to celebrating differences.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

32. Describe the five steps in an Action Plan for getting to Synergy.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

33. Habit Seven, Sharpen the Saw, is all about keeping yourself sharp so that you can better deal with life. It means regularly renewing and strengthening what four key dimensions of your life?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

33. Staying away from drugs of all kinds is a lot easier said than done. Name the five steps associated with "The Refusal Skill"

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

34. The best way to sharpen the saw and nourish your heart is to focus on building relationships, or in other words, to make regular deposits into your \_\_\_\_\_s and your own \_\_\_\_\_.

35. What time quadrant does Sharpening the Saw activities fall into? \_\_\_\_\_

“If you ever find yourself sliding or falling short, don’t get discouraged. Remember the flight of an airplane. When an airplane takes off it has a flight plan. However, during the course of the flight, wind, rain, turbulence, air traffic, human error, and other factors keep knocking the plane off course. In fact, a plane is off course about 90 percent of the time. The key is that the pilots keep making small course corrections by reading their instruments and talking to the control tower. As a result, a plane reaches its destination.

If you keep getting knocked off your flight plan and feel as though you’re off course 90 percent of the time...so what? If you just keep coming back to your plan, keep making small adjustments, and keep hope alive, you’ll eventually reach your destination.”