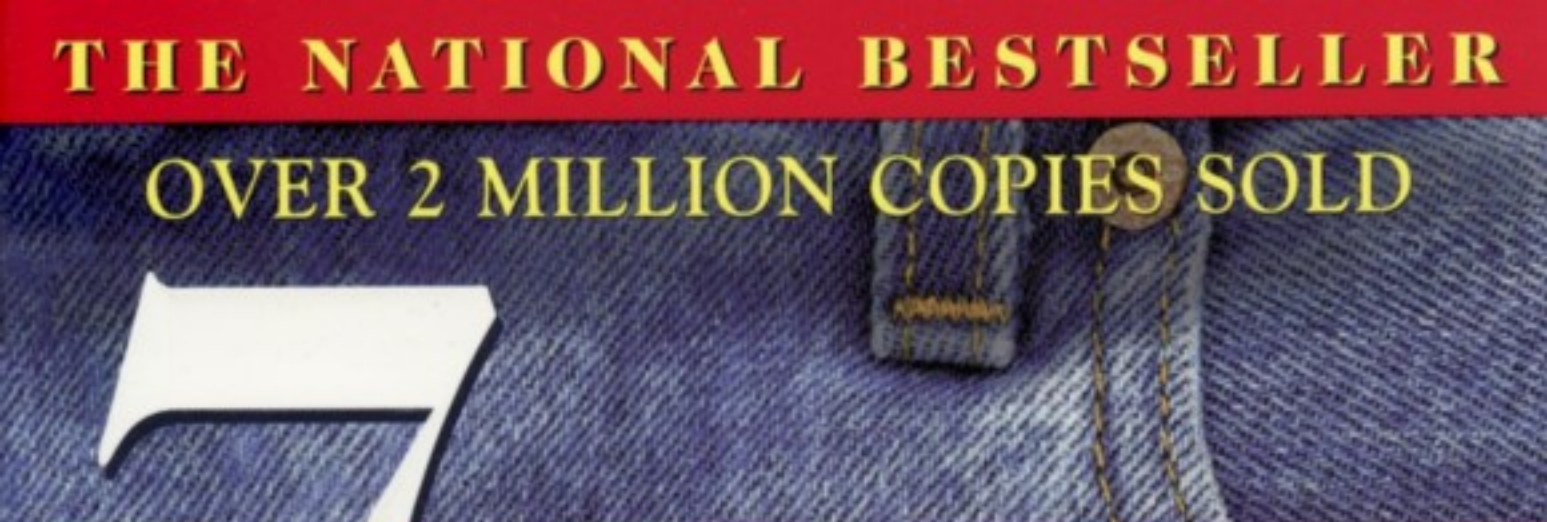


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The **7** HABITS
of Highly Effective
TEENS

SEAN COVEY

“A true gift for the teenage soul.”

— Jack Canfield and Kimberly Kirberger,
coauthors of *Chicken Soup for the Teenage Soul*

Get in the **Habit**

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 Cliffs Notes book summaries, however.) So if you're like me, you may be ready to shelve this book. But before you do that, hear me out. If you promise to read this book, I'll promise to make it an adventure. In fact, to keep it fun, I've stuffed it full of cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world ... along with a few other surprises. So will you give it a try?

Okay? Okay!

Now, back to the book. 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,

We first make
our habits,
then our habits
make us.

ENGLISH POET





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 longer a 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. In addition, 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 remember what it was like to be one. I could have 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 first 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 interpreters). Clar completed his mission and returned and reported.

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

"What'd she say!?" I giggled.

"She said, 'Ooohhh, Sean. He's fat!'"

Clar laughed. I was devastated. I felt like crawling into a hole and never coming out again. I vowed to hate girls for life. Luckily my hormones prevailed and I began liking girls again.

I suspect that some of the struggles that teens have shared with me are also familiar to you:

"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.'"

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

"My family is a disaster. 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."

These problems are real, and you can't turn off real life. So I won't try. 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 the world over 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.

THE ULTIMATE TEENAGE SUCCESS GUIDE

"If *The 7 Habits of Highly Effective Teens* doesn't help you,
then you must have a perfect life already."

—JORDAN McLAUGHLIN, TEENAGER

Being a teenager is both wonderful and challenging. In *The 7 Habits of Highly Effective Teens*, author Sean Covey applies the timeless principles of the 7 Habits to teens and the tough issues and life-changing decisions they face. In an entertaining style, Covey provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, get along with their parents, and much more. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. *The 7 Habits of Highly Effective Teens* will engage teenagers unlike any other book.

An indispensable book for teens, as well as parents, grandparents, and any adult who influences young people, *The 7 Habits of Highly Effective Teens* is destined to become the last word on surviving and thriving as a teen and beyond.

"An intensive training program for youth to grow and become winners in the competition of life."
—KRISTI YAMAGUCHI, U.S. OLYMPIC FIGURE SKATING GOLD MEDALIST

"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!"
—STEPHEN R. COVEY, AUTHOR OF *THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE*

"This book is a touchdown."
—STEVE YOUNG, QUARTERBACK, SAN FRANCISCO 49ERS

"This book has many positive, inspirational, and motivational strategies to help teenagers live up to their potential."
—DR. LAURA C. SCHLESSINGER, AUTHOR OF
TEN STUPID THINGS WOMEN DO TO MESS UP THEIR LIVES



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This title also available from Simon & Schuster Audio



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