

Review of The 7 Habits Of Highly Effective Teens by Alex Loya

The book I read was called The 7 Habits Of Highly Effective Teens, by Sean Covey. I picked this book because I had to read it for the Corporate Work Study Program. It has helped me because I know how to react to different situations. I also know how to deal with pressure and school. I hope it can help me later on in life as well.

Habit 1 was about being proactive in life and NOT being reactive. I didn't know what proactive and reactive meant until I read Habit 1. Proactive is when you are positive about things and having a good attitude. Reactive means having a negative attitude and a negative outlook on everything. When you are proactive you take responsibility for your actions, whether they are good or bad. You do not take criticism offensively and you always think before you act. When something bad happens you always look at it as a chance to grow and learn from your mistakes.

Habit 2 explains about beginning with the end in mind, which means we don't realize we do things thinking about how things will end. They talk about sex, drugs, college, friends, work, and what direction you should go in life. I have some friends that make or have made bad choices; like to do drugs, be sexually active, and join gangs and other things. When I was in middle school, I was asked to do drugs once, but just like the senior that shared his story, I said "NO!" I also chose to start hanging out with different people. It is hard to stop being friends but it is ones decision to make good choices or not. I think if people do drugs they will not get far in life and their future depends on it.

Habit 3 is about putting first things first. They use four quadrants; procrastinator, prioritizer, yes-man, and slackers. I have related to all of them in my life. I have those days when I don't want to do anything. Other days, I want to do some things that aren't really important. When I want to do something that is not important, I do it if it is interesting and I blow the important things off. So as I said before, I kind of relate to all of these quadrants. I try my best to be a prioritizer, which to me means, I'm not perfect but I have it together. If I were more of a prioritizer I would have more time for those people who matter in my life. I would also get my first things done first and my least important things done last. I think this would make me a better person.

Habit 4 talks about how win-lose and win-win situations are different. The title says "think win-win". I did not know what this means, so how do I think "win-win"? To think win-win you should help others, not just yourself. This is because in life you want people to help you as well. Some ways to think win-win are not comparing yourself to others, not being competitive, and not being selfish. When I was middle school I would gossip about other people I didn't like. Now I know that when I did that I got what I wanted but I also got it in a loser kind of way. That's an example of a win-lose.

Habit 5 was all about what the title means. Many teens go through this because sometimes we just want to be heard but not judged. When you are being judged you can't let yourself go. When you are talking to someone you think they are listening but sometimes they really don't care. It is very important to listen because you want the same in return. Spacing out, pretending to listen, word listening, selective listening and self-centered listening are examples of poor listening styles. Spacing out is when you start daydreaming when someone else is talking to you. This is very rude because first of all someone is talking to you and you're not paying attention. It can also be very important what the person is telling you. We have to try not to do this often because people won't want to talk

to you about certain things anymore.

Habit 6 talks about how to synergize. The first thing that pops in my head when I read the title is, "What does that mean?" It means it's not your way or my way but a better way. Synergy is celebrating differences, teamwork, open-mindedness, and finding new and better ways. While I was reading Habit 6 there was one quote that really started me thinking. It was, "We are as different from one another on the inside of our heads as we appear to be different from one another on the outside of our heads." This to me means that even though we want to be the same as others we are different on the inside of our heads because we see things differently.

Habit 7 is about sharpening the saw. Habit 7 is all about keeping your personal self sharp so you can deal with life better. The four key dimensions of life are your body, your brain, your heart, and your soul. Body is known as the physical dimension. Brain is known as mental dimension. Heart is known as the emotional dimension and the soul is known as the spiritual dimension. We should regularly renew and strengthen these four dimensions. I liked Habit 7 because it taught me a lot. The first sentence asked if I ever felt imbalanced, stressed-out or empty inside, and I answered yes to all three of the questions. It helps me because I know how to deal with it now.

Habit 4 has been the best habit for me so far for many reasons. First it helped me in seeing what type of person I am. It also showed me what kind of person I want to be when I get older. I don't want to be one of those people that doesn't have any friends because I talk about everyone. It also helped because now I know that there are people out there who may be better than me, or have more money than me, but who cares? I am proud of who I am.