

7 Habits Group Presentation Guide

As a group you'll be in charge of teaching a small group the importance of your assigned habit.

20 minutes from start to finish

Include:

1. A visual presentation: examples but not limited to: keynote, skit, video, podcast, Vlog, or Blog post (20 points)

2. A hand out that outlines the key concepts of the habit. Include on the hand out ways teens can incorporate the habit in their everyday lives (10 points)

3. Hands on Activity/Demonstration: examples are given in most habits. Be creative and fun with the activity. Graded on ease of students to follow directions and understanding of habit (10 points)

Habit 1: Be Proactive

Key ideas-

Reactive Language vs. Proactive Language

The Victumitus Virus

Circle of Control

Becoming a Change Agent

Activity Idea: Read *The Giving Tree*, by Shel Silverstein

Questions:

1. How does this book relate to our topic today?
2. What reactive language did we hear in this story?
3. How could you change the boy's language to make him Proactive?

Habit 2: Begin with the End in Mind

Key Ideas-

Personal Mission Statement, What is it and how do you use it? What should it look like?

*Activity idea: The Great Discovery found on pages 85-89. Students should make their own Personal Mission Statement. (This is a requirement I'll have students complete at home because there's not enough time in class.)

Habit 3: Put First Things First

Key Ideas-

The Time Quadrant, The Procrastinator, Prioritizer, The Yes Man, and The Slacker

Plan Weekly, Identify Your Big Rocks, Block out time for your Big Rocks, schedule everything else

Comfort Zone vs. Courage Zone

Activity idea: Demonstrate the Big Rocks vs. Pebbles vs. Sand *see Youtube videos. Here's an example: <https://www.youtube.com/watch?v=fmV0gXpXwDU>

7 Habits Group Presentation Guide

Habit 4: Think Win-Win

Key Ideas-
Win-Lose, The Totem Pole
Lose-Win-The Doormat
Loose-Loose-The Downward Spiral
Win-Win The All You Can Eat Buffett
How Do YouThink Win-Win
Tumor Twins

Activity Idea: Have students read a mini play or show a video segment that demonstrates the habit

Habit 5: Seek First to Understand, Then to be Understood

Key Ideas-
Five Poor Listening Styles
Genuine Listening

Activity idea: Try missing one person and mimicking another. Compare the results

Habit 6: Synergize

Key Ideas-
What Synergy is and What Synergy is not
Celebrating Differences
Sticking Up For Diversity
Synergy Action Plan

Activity ideas: Replicate the activity found on pages 187-189
Rate your openness to diversity (replicate the table on page 202)

Habit 7: Sharpen the Saw

Key Ideas-
Balance is Better, Caring for your Body, Caring for your Brain, Caring for your Heart, Caring for your Soul
The Refusal Skill

Activity idea- Pick one thing for each, your body, brain, heart, and soul to do this week.