

Healthy vs. Unhealthy Habits

Name: _____

Hour: _____

Directions: After watching the video, explain how the characters from the clip show behaviors of the 7 healthy habits or the 7 defective habits. Please include at least 6 examples. (They can be on either side as long as 6 boxes are filled.)

1st Name Habit 2nd Provide Example 3rd Explain why your Example Fits that Habit

7 Habits of Highly Effective Teens	7 Defective Habits
Habit:	Habit: React <ul style="list-style-type: none">○ <i>Example:</i> Dale tells Brennan to not touch his drum set. Brennan does it anyways.○ <i>Explanation:</i> He is being reactive because he knows it's <i>wrong</i>, but he just does it anyways.
Habit:	Habit:
Habit:	Habit:
Habit:	Habit:
Habit:	Habit:



What is one habit, from the 7 habits of highly effective teens that you need to work on? Name that habit and write its definition below.

Habit _____: (Definition)

Why do you need to work on this habit?

What is one thing you could do in the next week to help you improve on this habit?