

7 The HABITS of Highly Effective TEENS



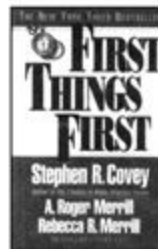
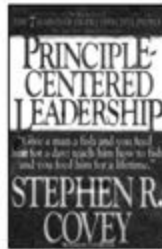
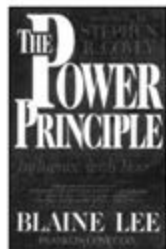
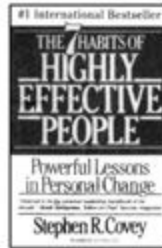
**The Ultimate
Teenage Success
Guide**



Sean Covey

A FIRESIDE BOOK
Published by Simon & Schuster

**ALSO AVAILABLE FROM
FRANKLIN COVEY CO.
AND SIMON & SCHUSTER**



The 7 Habits of Highly Effective People

0-671-70863-5, \$14.00

Principle-Centered Leadership

0-671-79280-6, \$14.00

The Power Principle

0-684-84616-0, \$14.00

First Things First

0-684-80203-1, \$14.00

**Daily Reflections for
Highly Effective People**

0-671-88717-3, \$11.00

First Things First Every Day

0-684-84240-8, \$11.00

What teens and others
are saying about

The
7 HABITS
of Highly Effective
TEENS

“Sean Covey’s *The 7 Habits of Highly Effective Teens* is a true gift for the ‘teenage soul.’ No matter what issues you may be struggling with in life, this book offers hope, vision, and the strength to overcome your challenges.”

—JACK CANFIELD and KIMBERLY KIRBERGER, coauthors of
Chicken Soup for the Teenage Soul

“This is an easy-to-understand book full of interesting stories. I really related to Sean’s personal story about the fear of performing in front of people since I am a violinist. I’m sure teenagers around the globe will be able to relate as well.”

—EMILY INOUYE, age 14

“Sean Covey speaks to teenagers in a way that is both entertaining and thought-provoking. His message offers teens a solid road map to a successful future. I highly recommend it.”

—JOHN GRAY, author of *Men Are from Mars, Women Are from Venus*

“*The 7 Habits of Highly Effective Teens* gives you new insight into the meaning of being powerfully successful. It teaches the importance of setting goals and sticking to them in order to achieve your dreams.”

—PICABO STREET, member of the U.S. ski team and Olympic gold medalist

“What? Sean Covey wrote a book? You’ve got to be kidding!!”

—Sean’s high school English teacher

“Sean provides an appropriate adaptation of lifelong values and principles that when embraced by teens will enrich their lives earlier and longer—very cool!!”

—MICK SHANNON, President and CEO, Children’s Miracle Network

“*The 7 Habits of Highly Effective Teens* by Sean Covey is a touchdown! The sooner you develop good, strong habits, the more effective your life will be. This book will help you do just that.”

—STEVE YOUNG, quarterback, San Francisco 49ers, and NFL Most Valuable Player

“*The 7 Habits of Highly Effective Teens* is a real-life guide to help teens be their best. Setting goals and writing them down is one of the most important things you can do. Commit them to memory, stay focused, and develop the stamina to go the distance. If you do, you can achieve any goal you set.”

—TARA LIPINSKI, U.S. figure skating champion and 1998 Olympic gold medalist

“My son was 21 when we discovered *The 7 Habits of Highly Effective People* and used it to build a new relationship, which continues today—seven years later. If only we could roll back the clock to when he was 15, this new book would have saved us six years of miscommunication, frowns, and frustration. Dads, this book is your opportunity as well as your children’s!”

—CLYDE FESSLER, Vice President, Business Development, Harley-Davidson Motor Company

“I used one of the stories from your book in a speech I gave at leadership camp and it helped me to be elected governor! Thanks Sean Covey!!!”

—LEISY OSWALD, age 16

“Sean Covey is following in his father’s footsteps in an imaginative way as he shares his teen experience in a Covey style—*The 7 Habits of Highly Effective Teens*. Lessons learned from his own experience make this a unique guidebook for a younger generation looking for direction.”

—FRANCES HESSELBEIN, President and CEO, the Drucker Foundation, and former President, Girl Scouts of America

“The best way to ‘make it happen’ in your life is to make the right choices as a teen. *The 7 Habits of Highly Effective Teens* lets teens see themselves as the principal force in their lives, regardless of their background or current walk of life.”

—STEDMAN GRAHAM, author of *You Can Make It Happen* and founder of Athletes Against Drugs

“Our youth today are facing ills their parents and grandparents never imagined. They are searching for answers, and *The 7 Habits of Highly Effective Teens* provides the tools to enable them to find those answers within themselves. With the help of loving parents, teachers, and friends, may our teens be blessed to grow to be happy, healthy, contributing adults.”

—DR. ROBERT SCHULLER, author of *If You Can Dream It, You Can Do It*; Reverend of the Crystal Cathedral and *Hour of Power*

“Sean Covey’s book should be read by every grandparent and be on every grandparent’s gift list for the teenagers in their extended family. His principles can span the generational communication gaps that are too prevalent in today’s society. Moreover, his guidelines can turn the hearts of each generation to the others. Grandparents will make a huge difference in the lives of their grandchildren if they will

support Covey's advice for helping teenagers identify their own 'principle centers' for their developing lives."

—KIRK L. STROMBERG, Director, Strategic Planning and Development, American Association of Retired Persons (AARP)

"Sean's 'can-do' examples remind me of how important it is to make the most of what I have. I play a lot of sports, though I'm not a big kid. This book helped me realize that I have to rely on my speed and my smarts if I want to reach my goals."

—BRENT KUIK, age 15

"If you want to win in the 'game of life,' scoring is essential. *The 7 Habits of Highly Effective Teens* gives teens a great game plan for achieving their dreams. Covey offers great insights to help parents coach their kids to reach their highest goals and overcome any obstacles they might encounter."

—RICK PITINO, coach of the Boston Celtics and author of *Success Is a Choice*

"How we live our lives is based on the values we believe in. This book will help any teen, in a very practical way, build a life's foundation on values that count."

—DONALD G. SODERQUIST, Vice Chairman and COO, Wal-Mart Stores

"With all of the social ills in our society, what this world needs is more teenagers who have a bright vision of the future, a willing spirit, and the determination to contribute to their families, their schools, and the community. Sean Covey's book teaches our youth how to do just that!"

—BOB GOODWIN, President and CEO, Points of Light Foundation

"Powerful but not parental—an important message delivering much more than good advice, it offers true direction to teens living in

a challenging, complex world. Covey offers sound, time-tested direction without sounding preachy or parental... packaging unquestionable wisdom into a friendly, approachable book that will inspire trust and encourage teens to follow their hearts, rather than simply follow the group.”

—PATRICK S. O'BRIEN, author; founder and President, Making College Count

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

—JORDAN MCLAUGHLIN, age 17

“We all have dreams in life we want to achieve and we can reach these dreams if we're willing to always give 100 percent. This book is an intensive training program for youth to grow and develop so they can become winners in the competition of life.”

—KRISTI YAMAGUCHI, U.S. Olympic figure skating gold medalist

“This book has many positive, inspirational, and motivational strategies to help teenagers live up to their potential.”

—LAURA C. SCHLESSINGER, Ph.D., author of *Ten Stupid Things Women Do to Mess Up Their Lives*

“*The 7 Habits of Highly Effective Teens* is a winner! In my years of coaching young people, we learned together that working hard, setting goals, and having a clear vision of your dream enables you to be successful, even when you lose.”

—LOU HOLTZ, former head football coach at Notre Dame, the 1988 national champions, and sports analyst of CBS's *College Football Today*

“*The 7 Habits of Highly Effective Teens* is a breakthrough book for teenagers. It enables them to realize how they can achieve their own personal victories through setting the goals that will lead them to the fulfillment of their dreams.”

—HENRY MARSH, author of *The Breakthrough Factor* and four-time Olympian

“*The 7 Habits of Highly Effective Teens* teaches teenagers basic principles to build a solid foundation that will sustain them through life’s most difficult challenges. Most teens need this book. Most important of all, believe in God and His willingness to help you—all you have to do is ask. It’s called *prayer*.”

—THE REVEREND THEODORE M. HESBURGH, C.S.C.,
President Emeritus, University of Notre Dame

“I have been juggling family, school activities, friends, and after-school responsibilities. When I read *The 7 Habits of Highly Effective Teens* it helped me become a more organized person. I used a lot of the cartoons to help me remember stories and examples.”

—JOY DENEWELLIS, age 18

“Stephen Covey must be rightfully proud of his son Sean, who absorbed his father’s lessons well. Those who wish to avoid the temptations and devastation of drugs, including alcohol, would be wise to implement *The 7 Habits of Highly Effective Teens*. Written for teenagers by a recent teen himself, this book is an indispensable tool for helping young people make the right choices while growing up in the chaos of the nineties. I wish there had been a book like this for those of us who grew up in the sixties!”

—CANDACE LIGHTNER, founder, MADD (Mothers Against Drunk Driving)

“Motivation is only a part of the game of life. Self-discipline and self-control are key in making your dreams reality. This book offers all the tools you need as a teen to be a champion in life.”

—MIA HAMM, member of the U.S. women’s national soccer team and Female Athlete of the Year

“Whether to sink in self-pity or swim in the ocean of knowledge is a choice we are called upon to make in life. Here is an excellent guide for youth, by a youth, to make life meaningful.”

—ARUN GANDHI, grandson of Mahatma Gandhi and founder of the Gandhi Institute

“The 7 Habits of Highly Effective Teens challenges teens to break through the boundary of being ‘average’ to become their personal best. All teens can achieve their goals and dreams if they have the courage to do what it takes to reach them—this book shows in clear examples how they can do this.”

— DAVE CHECKETTS, President and CEO, Madison Square Garden

“The 7 Habits of Highly Effective Teens is gold. In my coaching life before the Olympics, I loved working with youth and learning with them and from them about the importance of having dreams, setting goals to achieve them, and celebrating the victories. Sean Covey’s book reinforces just that message!”

—DICK SCHULTZ, Executive Director, U.S. Olympic Committee

“The inspiring examples from real-life problems that teenagers like myself deal with every day, and their experiences and situations, have helped me make lifesaving decisions. I highly recommend this book to any teenager.”

—JEREMY SOMMER, age 19

“The teens in our world ‘deserve this break today’! Sean Covey’s *The 7 Habits of Highly Effective Teens* teaches youth everywhere to be industrious, have integrity, and give back to family and community. This book reinforces that our teens can be the hope for a better world.”

—MICHAEL QUINLAN, CEO and Chairman, McDonald’s Corporation

“This book really caught me by surprise! I’ve not put it down, and nearly completed it five hours after receiving it. What a refreshing thing to see a writer tell things as they are, without preaching and with real-life values.”

—DOUGLAS SPOTTED EAGLE, international recording artist and lecturer

“For a professional athlete, winning basketball games is important—but winning at the game of life is even more important. *The 7 Habits of Highly Effective Teens* provides a game plan for teens to become team players with their teammates in life, their families and friends. It presents strategies for becoming a better all-around person and elevating individual skills.”

—SHERYL SWOOPES, women’s professional basketball player

“Today’s teens are the future leaders of our families, communities, and nation. *The 7 Habits of Highly Effective Teens* teaches them the value of hard work, setting and achieving goals, and taking responsibility and initiative, all of which are characteristics of effective leaders.”

—MICHAEL O. LEAVITT, Governor of Utah and Vice-Chairman, National Governor’s Association