

7 Habits of Highly Effective Teens

Worksheet 3: The Personal Bank Account

In the personal bank account chapter you learn that all change begins with "the man in the mirror." If you wanted to change the world begin with yourself, not your parents, not your boyfriend/girlfriend, or your teacher. All change begins with you.

Read the writings of Anglican bishop on page 33 of the book and then complete the statement below

If I could change something about the world, it would be:

One change I could make in myself that might help bring about that worldwide change is:

I think that and inside-out change could help other around me because:

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How is your PBA?

Signs that your PBA is running low include these symptoms:

- You don't stand up for yourself when you know you're in the right
- You make degrading comments about yourself
- You always go along with what the crowd is doing or saying
- You overindulge in food, TV, internet or video games
- You use drugs or alcohol
- You aren't loyal to anyone or anything
- You allow others to use you

Signs that you have a positive PBA are:

- + You speak up when you know you are right
- + You have the self-confidence to let other know of your opinions and ideas
- + You are happy for other success
- + You have a good balance of school, physical activities, working on talents and personal time
- + You live by principles
- + If someone speaks badly of someone you know and care about, you have the courage to defend that person
- + You work to improve and build your skills and talents
- + You recognize life's natural ups and downs

Small Acts of Kindness:

Doing a small act of kindness is a great way of helping you feel better about yourself. Even though they are for someone else, they add up major deposits in your PBA

Read pages 35-37 in the book and complete the questions below

Three people in my life who could benefit from an act of kindness are:

1. _____

2. _____

3. _____

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Read the following story

"Why does it always take so long to get through the drive-thru at Tim Hortons" thought Rob as he sat in along line of cars waiting for his turn to pick up his morning coffee. The cars inched forward a little. Rob drummed his fingers on the dash. "Great" he thought, "I am going to be late for work, I never should have stopped for coffee this morning." Two more minutes passed and Rob's patience was gone. Suddenly the line in front of him disappeared - Rob couldn't believe his luck. As he pulled up to the window to pay for his coffee the server said handing him his coffee "no need to pay sir, the car 6 ahead of you paid for the next ten coffees" Rob smiled as he drove out onto the road.

How do you think Rob felt during the rest of his drive to work? How do you think the anonymous driver felt?

Someone who did any anonymous act of kindness toward me was:

The act of kindness was:

The act of kindness made me feel:

An anonymous act of kindness I could do for the three people I listed earlier is

1. _____

2. _____

3. _____