

The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide

by Sean Covey

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰¹ **Write your pause script** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Choose a phrase you can use when emotions spike: I need a minute before I answer.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Draft a one-page mission** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write five values, three people you want to be good to, and one future you want to protect.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Build a weekly first-things grid** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Put school, body, relationships, and one personal goal into visible time blocks.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Choose one listening repair** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Pick one relationship where you will ask two questions before giving your side.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Pause before posting** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Before sending or posting, ask whether it matches the person you are trying to become.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Do one first thing first** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Complete one important task before the easiest distraction each day.

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MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Renew one saw** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Do one small action for body, mind, heart, or values before the day ends.