

# 7 Habits of Highly Effective Teenagers

## Be Proactive



Highly effective teens take responsibility and for their own life. They control the situation, rather than letting the moment control them. This means that you must learn to take initiative for decisions that affect you. Instead of being reactive, be proactive. Take control of your own education, exam preparation, relationships, etc..

## Begin With The End In Mind



Set goals for yourself. As a teenager, you are full of dreams. So, set your end goal, and then start working towards turning that dream into a reality. Whatever your dream is, you must start small and work your way towards it. Motivation, patience, and discipline will help you achieve this.

## Put First Things First



Prioritize your tasks. Highly effective students recognize their priorities, and work towards those. For example, during exam season, exam preparation and scoring well is the priority, and discipline must be developed for this. Teenagers who learn to put first things first are able to develop better time management skills.

## Seek First To Understand, Then Be Understood



Understand the power of listening. Highly effective students recognize the difference between actually listening, and just waiting to be heard. In order to get your point across, you must be willing to listen to and understand others points first. This takes patience.

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## Think Win-Win



Highly effective teenagers have an "everyone can win" attitude. They understand the power of being a team player, and look for mutual benefit in every situation. Thinking win-win can help you during group study situations, maintain healthy friendships, etc...

## Synergize



In order to become a highly effective student, you must understand the importance of teamwork and creative cooperation. Synergy means that "two heads are better than one", so working together can achieve more. This can be helpful during exam preparation, social situations, etc...

## Sharpen The Saw



Self-care is important! Every once in a while, you must take a break in order to renew yourself and evaluate the rest of the habits. This will keep you physically, mentally, emotionally, and spiritually healthy.

Develop and implement these 7 habits of highly effective teenagers and you will surely see a positive benefit in every area of your life.

These 7 habits of highly effective teenagers will help you succeed in your exam preparation and every other area of your life.

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