

READ BY
THE AUTHOR

A GUIDE FOR
TEENS

The **6** Most Important
DECISIONS
You'll Ever Make

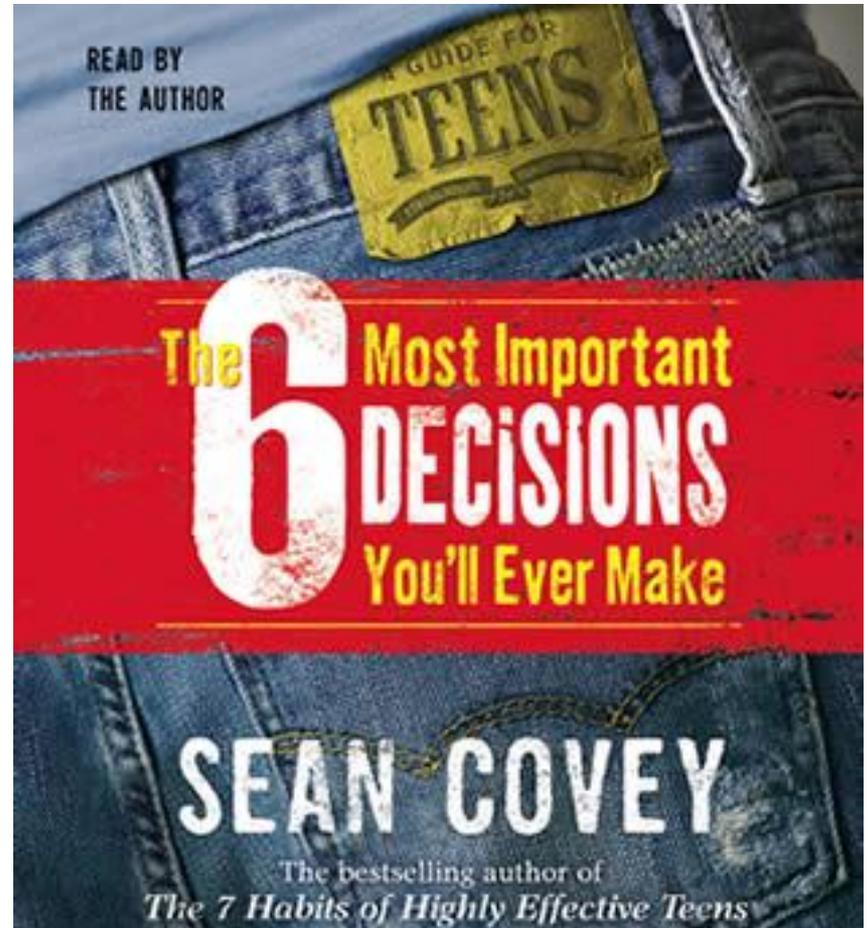
SEAN COVEY

The bestselling author of
The 7 Habits of Highly Effective Teens

The 6 Most Important Decisions You'll Ever Make: Sean Covey

The six key decisions are:

- School:** What you going to do about your education?
- Friends:** What types of friends will you choose, and what kind of friend will you be?
- Parents:** Are you going to get along with your parents?
- Dating and Sex:** Who will you date, and what will you do about sex?
- Addictions:** What will you do about the addictive stuff?
- Self-Worth:** Do you like yourself?



Sean Covey, 2006

Overview: Reviewing Sean Covey's Book

“Some people make things happen, some watch things happen, while others wonder what has happened.”

- Gaelic proverb

As you pass through school, you will be faced with many difficult **decisions**. Sean Covey has written a great book and follow on workbook which will assist you in passing through the minefield of the teenage years. You can get help and advice from parents, friends, teachers or other family members. Whoever you turn to, this book provides a treasure trove of wisdom written in easy to relate to language. It is available from most libraries and all good book stores. It is highly recommended reading for teens.

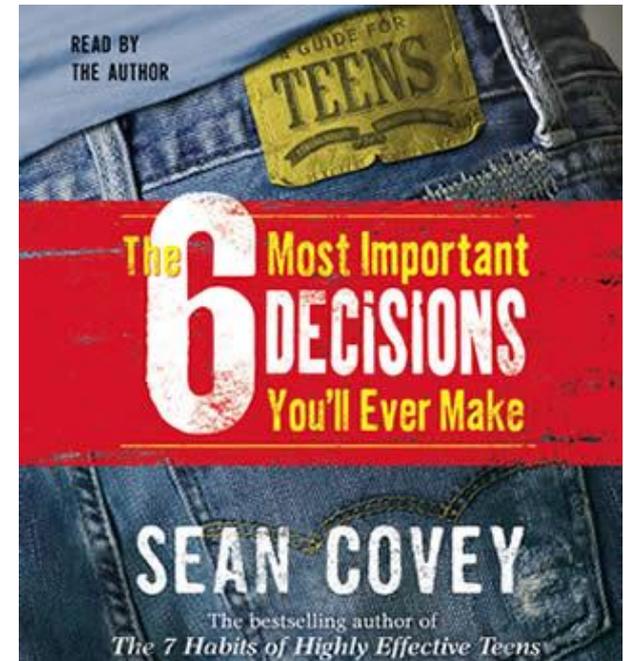
Paul King
Leadership Director

General Note

- The following are excerpts from a great book that is considered very useful for New Zealand teenagers in school.
- The book is also available as a personal workbook.
- The excerpts are taken directly from the book and are a collection of quotes/advice from a range of international teens aged between 15 and 19 years of age.
- The information contained in the book has been modified for a NZ audience e.g. words such as “Oughta” have been modified to correct English “ought to”; phrases such as cheerleaders and jocks have been modified to top sports jocks etc
- Language changed or added has been *italicised*

1. Top 10 Things You *Ought To* Know About School...

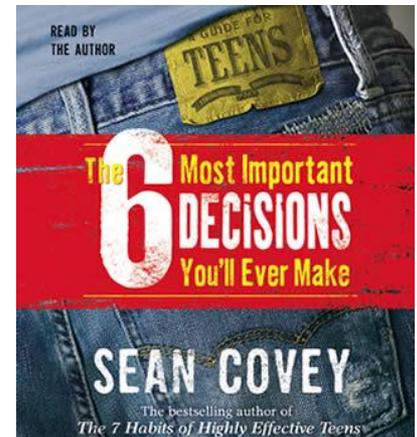
10. Don't watch T.V. while you're studying
9. Review your test papers after the tests
8. Work hard to get better knowledge even if your results are not the highest
7. Have an open mind about all points of view
6. Have smart friends
5. If you have bad news from school, tell your parents the moment *you see them*. Otherwise you are never going to tell them.
4. It's important to participate in school activities
3. Do your work – get over it! There's no magic secret behind it
2. Recognise that to start studying earlier is better
1. Information is not equal to intelligence



Sean Covey, 2006

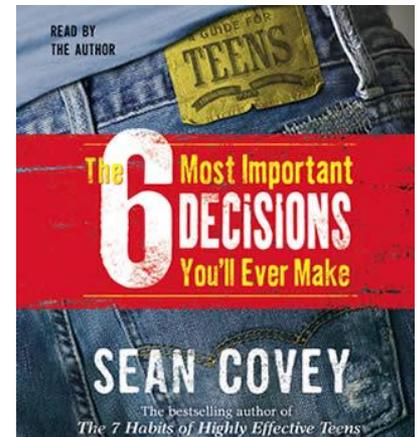
2. Top 10 Things You *Ought To* Know About Friends...

10. Everyone appreciates a phone call or a card. I learned this when I was sick in hospital.
9. Don't be intimidated by the *top sports* jocks.
8. It's okay to keep secrets between friends because everyone needs his or her own privacy, but deception is definitely not allowed.
7. Have the courage to tell some friends that their paradigm which says be evil is cool is wrong.
6. Always remember your values and principles.
5. Provide support and encouragement to your friends.
4. Everyone is unique so there is no point not being yourself. You are you and no one should change that.
3. *Real* friendships are *seldom made* in one or two days (or established on FACEBOOK).
2. Sometimes arguing with friends is normal and necessary.
1. Association brings on assimilation. If you think your friends are stupid and crude, get new friends unless you want to be stupid and crude.



3. Top 10 Things You *Ought To* Know About Parents...

10. Recognise how hard child raising is.
9. Seek your parents' advice and ask their opinions on hard things.
8. Blood really is thicker than water – your family will always be there.
7. The less you push your parents for something, the better your chances are for getting what you want. *Do a deal!*
6. You'll be respected only when you respect them.
5. Nothing good comes from fighting with your parents and being against them.
4. Help around the house.....*without expectation of reward – the rewards will come.*
3. Do not underestimate their ideas and advice....*wisdom comes from the passage of time and making mistakes.*
2. Do your homework, buy them flowers and save money.
1. Your parents don't always have a reason.



Education – Hard Work

“I have never let schooling interfere with a good education.”

Attributed to Mark Twain



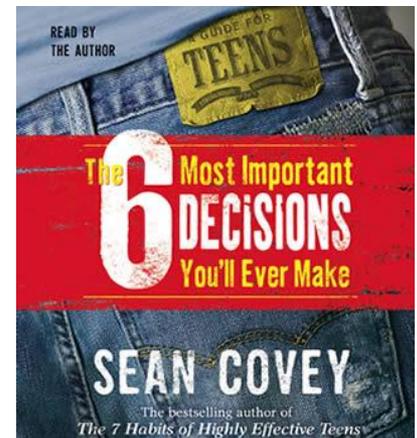
“When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.”

Mark Twain - Author



4. Top 10 Things You *Ought To* Know About Dating and Sex...

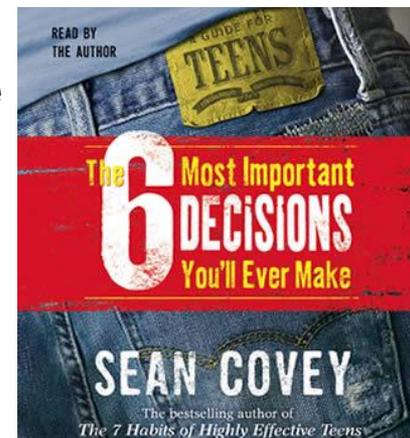
10. Never, ever, ever use or give into “If you really loved me you would...” If they really loved you, they would not manipulate you.
9. Love is not measured by how many you have dated or how many you have slept with. It’s not a competition.
8. You stay in charge.
7. You don’t have to be head over heels with the person before you go on a date, you might be pleasantly surprised.
6. Don’t make any decisions if you are in doubt.
5. Recognise that how you behave might affect not only you but also your family.
4. Date people your own age.
3. Don’t ever think life is over because your girlfriend broke up with you.
2. Don’t have sex until you’re married; you won’t regret it.
1. Dating is hard sometimes. Oh, wait! It’s always hard.



5. Top 10 Things You *Ought To* Know About Addictions...

10. Addictions can be good and bad. Be addicted to getting your homework done and on time.
9. Addictions are expensive to buy, dangerous to health, damage a family, make people die, and are difficult to get rid of.
8. Drinking is NOT a social norm.
7. The key to most things in life is that everything must be done in moderation. Anything in excess, even exercising, subtly eats away at you and your personality.
6. Addiction is a sign of a bigger problem. You'll never overcome addiction unless you search out the real problem and deal with it.
5. If one is addicted to something, then he is a slave to that addiction.
4. Be strong enough to leave friends who pressure you.
3. Smoking kills you and your friends...just don't smoke – it stinks.
2. The friends you make through addictions only like you because you are part of the addiction. They are not true friends.
1. Taking drugs is not stylish or cool. It is dangerous and reckless and it will take your life away.

Sean Covey, 2006



6. Top 10 Things You *Ought To* Know About Self-Worth...

10. Don't ask the mirror "Who's the fairest of them all?" Tell the mirror "I'm the fairest of them all!"
9. I think sports and hobbies do wonders for peoples self-esteem. Persevere until you find what you're good at.
8. Don't let it get you down if somebody doesn't like you. It's natural. Everybody can't be friends.
7. Don't listen to what others say about you. Lead your own life.
6. Don't let other people walk all over you. *Be assertive.*
5. Want the best things in life for yourself and find out how to get them.
4. It really doesn't matter what anyone else thinks. Pleasing other people won't make you happy. I'm still learning that.
3. Good self-esteem is necessary for good relationships.
2. Accept your failures and move on.
1. Walk with your head high. Look confident and be proud of who you are.

