

THE NEWSLETTER FOR
FAMILIES, STUDENTS
AND SCHOOLS
USING THE PREMIER™
FOUNDATIONS AGENDA

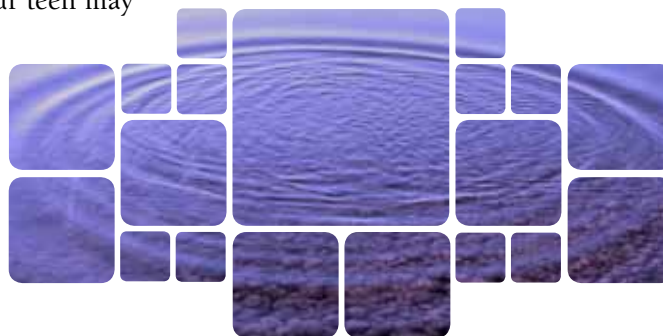
Foundations

◆ Family Newsletter ◆

THE POWER OF SMALL CHANGES

Even the smallest of habits have consequences. What are the consequences of some of your teen’s habits? Help your teen figure out the power of small changes. . .

- Ask him or her to brainstorm a list of 3-5 habits that he or she does. Get your teen to think about even the small things he or she does daily. Have your teen circle the habits that he or she feels need changing to make his or her life better. Your teen might be surprised at the small things he or she does on a consistent basis that affect his or her life.
- Help your teen change his or her habits by encouraging him or her to stick with it. Often, changing habits feels unnatural, so remind your teen that changing bad habits is well worth the effort.
- Ask your teen to identify some of the good habits he or she is doing. Encourage your teen’s good habits.
- Check to see if your teen is using his or her planner. Planning is a habit that leads to success. Encourage your teen to use his or her planner.
- Pay attention to your teen’s interpersonal habits. For example, your teen may not realize that avoiding eye contact can affect his or her relationship with others.



Habits:
Things we repeatedly
do, often without
thinking about them.

Habits are the things your teen does so frequently that he or she often doesn’t think about them. However, you should encourage your teen to think about his or her habits because they can have a huge impact on your teen’s life.

The 7 Habits® Tip:

Your teen may not want to focus his or her time developing good habits now, but in the future, he or she will be happy about doing so. So, always encourage good habits in your teen; he or she will thank you later for it!