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Habits 1, 2, and 3
The first three habits of "The Seven Habits of Highly Effective Men" focus on how to take personal responsibility. These habits follow on:

- 1. Be Proactive
- 2. Begin with the End in Mind
- 3. Put First Things First

Depends
The first three habits of "The Seven Habits of Highly Effective Men" focus on how to take personal responsibility. These habits follow on:

The PMA
The first three habits of "The Seven Habits of Highly Effective Men" focus on how to take personal responsibility. These habits follow on:

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Highly Effective
The first three habits of "The Seven Habits of Highly Effective Men" focus on how to take personal responsibility. These habits follow on:

Components of a Healthy PMA
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Habits 1, 2, and 3
The first three habits of "The 7 Habits of Highly Effective People" are: 1. Be Proactive, 2. Begin with the End in Mind, 3. Put First Things First.

Appendix
This appendix provides additional information and resources related to the habits discussed in the main text.

The PMA
The Personal Management Approach (PMA) is a framework for personal effectiveness and success.

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Introduction
This document introduces the concepts and goals of the PMA framework.

Components of the PMA
The PMA is composed of several key components that work together to drive personal success.

Application of the PMA
This section provides practical examples and strategies for applying the PMA in various aspects of life.

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Habits 1, 2, and 3

The first three habits of "The Seven Habits of Highly Effective Teens" focuses on how to make yourself a better person.

These three habits are

- Be Proactive
- Begin With The End In Mind
 - Put First Things First

The PBA

The PBA, or your Personal Bank Account, is how you feel about yourself as a person. Just like a bank account, you can make deposits and withdrawals with yourself.

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Deposits

How can you make a deposit into your PBA?

- Keep promises with yourself
 - Do small acts of kindness
 - Renewing yourself
- Tapping into your talents

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Withdrawals

How can you make withdrawals from your PBA?

- Break personal promises
 - Keep to yourself
 - Beat yourself up
 - Wear yourself out
 - Neglect your talents

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Symptoms of a Poor PBA

- Cave into peer pressure
- Feelings of depression and inferiority
 - Acting arrogant
 - Getting jealous easily
- Overly concerned of what others think

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Symptoms of a Healthy PBA

- Stand up for yourself
 - You trust yourself
 - Goal-driven
- Happy when other people succeed
 - Not concerned with popularity

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Habits 1, 2, and 3
The first three habits of "The 7 Habits of Highly Effective People" are the most important. They form the foundation for the rest of the book.

Appendix
This appendix provides additional information and resources related to the habits discussed in the main text.

The PMA
This section discusses the importance of a positive mental attitude (PMA) in achieving success and how it relates to the habits.

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Introduction
This introduction sets the stage for the book, explaining the author's motivation and the book's purpose.

Components of a Healthy PMA
This section details the various components that contribute to a healthy and positive mental attitude.

Components of a Healthy PMA
This section continues the discussion on the components of a healthy PMA, providing practical advice and examples.

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