
The 8th Habit (2004)

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Abstract: Youth development professionals are on the leading front in helping to prepare our youth and volunteers for success in the information or knowledge worker age. As such, these professionals are being subjected to tremendous changes in their individual and professional lives amidst the current economic challenges. *The 8th Habit* (2004) by Covey is a resource that youth development professionals can use to improve themselves as “whole persons” and help inspire those they serve to reach their potential, thus enhancing our communities and organizations.

Resource Overview

The 8th Habit (2004) by Stephen Covey builds on his previous work in *The 7 Habits of Highly Effective People* (1989) by sharing a model and framework from personal effectiveness to organizational greatness. Covey presents a model taking the reader through the following sections:

- whole person paradigm (body, mind, heart, and spirit),
- 4 basic human needs (to live, to love, to learn, to leave a legacy),
- 4 intelligences/capacities (physical, emotional, mental, spiritual),
- leadership attributes (discipline, passion, vision, conscience), and
- leadership roles (aligning, empowering, pathfinding, and modeling).

The book is written within in the context of the information or knowledge worker age where individuals are needed and expected to be creative and adaptive with rapidly developing technologies, thoughts, and systems.

The book comes with a companion DVD that includes 16 video vignettes which are referenced throughout the book as supplements reinforcing key points. The appendices contain a number of practical tools and resources from a section on developing the 4 intelligences to a literature review of leadership theories. Applicable quotes and narratives are shared throughout helping with readability and clarity of key points. *The 8th Habit Personal Workbook* (2006) is also

available as a companion resource to help extend the learning. No limitations with this resource were noted.

Connection to Youth Development

Youth development professionals are on the leading front in helping to prepare our youth and volunteers for success in the information or knowledge worker age. The 8th Habit has value in helping remind youth development professionals of the importance of keeping balance in their own lives and provides a framework for implementation so that they can influence and empower the development of the youth and volunteers they serve.

The 8th Habit can be purchased at most book retailers in the following format and estimated cost: Book - \$10; Audio CD - \$30 unabridged; Personal workbook - \$11.

References

Covey, S.R. (1989). *The 7 Habits of Highly Effective People*. New York, NY: Free Press.

Covey, S.R. (2004). *The 8th Habit*. New York, NY: Free Press.

Covey, S.R. (2006). *The 8th Habit Personal Workbook*. New York, NY: Free Press.