



MONSTERS, INC.

and

The 7 Habits of Highly Effective Teens

HABIT #1: PROACTIVE

All the questions in this section refer to Habit #1 of being Proactive; so review what being Proactive means.

1. Mike is in a TV commercial; what is the expected reaction after watching the commercial? How does Mike respond to this commercial?
2. How does the presence of Randall change Mike and make him REACT?
3. What specifically does it cause him to do?
4. Why is this type of behaviour "NOT WORTH IT"?
5. Prior to beginning the work day, how does Sulley show he is being PROACTIVE?
6. How does Randall show example of DEFECTIVE actions of Habit #1?
7. What causes Sulley to change from being PROACTIVE to being REACTIVE?
8. During the "kid-tastrophe" explain what specific actions are displayed by Mike and Sulley to show they are not being PROACTIVE.
9. At the end of the movie, what happens to show us that Mike's REAL attitude in life is one of being PROACTIVE?



HABIT #2: BEGIN WITH THE END IN MIND

Answer the following questions before continuing on with the film.

1. In the beginning of Part one of Monsters Inc, Mike and Sulley have one goal, what is it?
2. What happens to cause this goal to change?
3. List the following things as to whether they are SHORT term goals or LONG term goals.

Top scarer: _____

Get Boo to sleep: _____

Escape restaurant: _____

Get Sulley in shape: _____

Productivity of Monsters Inc Company: _____



HABIT #3: PUT FIRST THINGS FIRST

1. When Sulley and Mike return to Monsters Inc after the first night of "escape" what does Sulley do to show where his priority is?
2. When Sulley skis down the mountain what has become his main priority?



HABIT #4: THINK WIN-WIN

1. When Mike first sees any door, how is his WIN-WIN idea only short term?
2. What major obstacle happens to Mike and Sulley to destroy any idea or chance of win-win?
3. When Mike returns to the Monsters, Inc. factory, as Sulley is being beat up by Randall, how does he reason his behaviour in the Himalayas and turn the situation into one of Win-Win?



HABIT #5: SEEK FIRST TO UNDERSTAND, THEN BE UNDERSTOOD

1. During the simulation when Sulley scares for practice, what allows him to understand "Boo's" feelings?
2. Why does it upset Sulley so much to finally return Boo to her home?



HABIT #6: SYNERGIZE

Laughter allows all the monsters in the movie to re-energize themselves. They are happier during their work day and have less worries, everything is just fun.

1. What does Sulley look at when he needs to be re-energized?

HABIT #7: SHARPEN THE SAW

Sometimes people need help to "sharpen their saw"; what does Mike do to help Sulley Sharpen his saw?

1. Why is your heart one of the most important aspects of Sharpening the Saw?



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1. This movie takes place over a two-day time period. What does it show you about changing goals and priorities?
2. Sulley and Mike are not TEENS but ADULTS. How does their success in saving Monsters, Inc. demonstrate the concept of being Proactive? How does it demonstrate that even in the seemingly worst situation, positive things can happen?
3. When Sulley refers to the crayon picture, why is that a realistic way that people deal with separation? How can this be a good "energizer"?
4. List the different Motivators that were present for Sulley and Mike during the movie.
5. Thinking back to the Himalayas, how is Mike a typical "person" when things go wrong?
6. What is it that keeps Sulley going (gives him motivation) in the Himalaya's? What is his goal?
7. What would have happened to Mike and Sulley had they BOTH given up hope in the Himalaya's?
8. Chart the course of Mike and Sulley as they progress and regress through the seven habits of highly effective "teens" monsters.
(draw a time line of the movie, major action = which habit)