

## Habit 2 Begin With the End in Mind!

- I plan ahead and set goals!
- I do things that have meaning and make a difference!

Habit 2 teaches that <u>Beginning With the End in Mind</u>, having a mental picture of achieving a goal, can lead to a better way of doing it. For example, imagine doing a 100 piece puzzle without a picture of how it should look finished or driving to a new place without a GPS or directions.

## How to do this at home with your family:

- 1. Have your child identify a goal that is meaningful to them.
- 2. Help them "visualize" (a picture in their mind) of them achieving their goal.
- 3. Help them break down their goal into specific steps (write them down).
- 4. Encourage them to track their progress.
- 5. CELEBRATE all efforts and goals reached!!!

## **Family Mission Statement:**

A family mission statement is like a constitution your family lives by that helps you all make decisions for your life. It represents the purpose and values of your family, and will allow you to shape your future according to the principles you as a family hold most dear, rather than letting other people or circumstances determine it.

Mission statements take many forms. Some are long and some are short. They may take form as a saying or phrase, a picture, a poem, or even a song. Make it personal to your family. **Get started by following these steps:** 

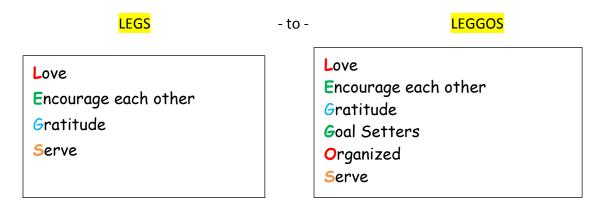
- 1. Discuss the following questions with your family:
  - What does our family want to be known for?
  - How do we treat each other?
  - What unique contributions can we make?
  - What big goals do we want to achieve?
  - What unique talents and skills do we have?
- 2. Brainstorm ideas, words, and phrases to include in the mission statement. (Remember, no idea is a bad idea)

- 3. Begin creating your statement, but remember, it doesn't have to be finished in one sitting. It can be a work in progress until you are all happy with the outcome.
- 4. Post the statement prominently in your home and encourage the entire family to consider it when making decisions or having disputes.

## Here are some sample statements:



Here is an example of a family mission statement that started at one place, but they decided as a family that it needed to have a few things added to make it stronger:



If your family would like to share your Family Mission Statement, please send in a picture of your mission statement or send it as an e-mail. Your child can present your family mission statement to the class. Sharing ideas may inspire more ideas!