

WEEK #4 Notes and Assignments - HABIT #2

Week 4A - HABIT 2 _ BEGIN WITH AN END IN MIND
CONTINUATION of PART II - The Private Victory - (Habit 1, Habit 2 & Habit 3))
Part II - The Private Victory - Habit 2 - Begin with the End in Mind
Control Your Own Destiny or Someone Else Will

- The following are quotes from Alice's Adventures in Wonderland:
"Would you please tell me which way I ought to walk from here?" asked Alice.
"That depends on where you want to get to," said the Cat.
"I don't much care where-" said Alice.
"Then it doesn't matter which way to walk," said the Cat.
- Habit 2, BEGIN WITH the END in MIND, means developing a clear picture of where you want to go with your life. It means deciding what your values are and setting goals. Habit 1 says you are the driver of your life, not the passenger. Habit 2 says since you are the driver, decide where to go and draw a map of how to get there. It is about thinking beyond today and deciding what direction you want to take - so each step you take will always be in the right direction.
You may not realize it, but you do it all the time. You draw up a blueprint to build a house. You read a recipe before you bake a cake. You create an outline before you write a research paper.
- Let's have a begin-with-the-end-in-mind experience right now using your TOOL of IMAGINATION. Now, clear your mind of everything. Breathe deeply and open your brain wide. In your MIND'S EYE, visualize someone walking toward you about half a block away. At first you cannot see who it is. As this person gets closer and closer, you realize, believe it or not, IT IS YOU! But it's not you today, it's you as you'd like to be ONE YEAR from now.
Ask yourself the following questions!!
 - What have you done with your life over the past year?
 - How do you feel inside?
 - What do you look like?
 - Has your personality grown? (Remember, this is you as you would LIKE TO BE one year from now.)
 - You got a feeling for what's important to you and what you would like to accomplish in the next year. That IS the beginning with the end in mind.
 - Beginning with the end in mind is a POWERFUL WAY to turn your dreams into realities.
 - THINK ABOUT THE HOW YOU ANSWERED THE ABOVE QUESTIONS!!!
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 - WHY is it IMPORTANT to HAVE an END in MIND? There are two reasons.
 - The first is that you are at a critical crossroads in life, and the paths you choose now can affect you forever.
 - The second is that if you do not decide your own future, someone else will do it for you.

The Crossroads of Life

Do you want to go to college? Graduate school?

- What you do about your schooling can shape can also shape your future in a major way. Beginning with the end in mind in your educational pursuits pays off. Preparing for college entrance exams and making high scores can mean big savings on your cost of college.

Do you want to travel? Learn another language?

Should you try out for a team?

What type of friends do you want to have?

- Friends can have a powerful influence on your attitude, reputation, and direction. The wrong group can lead you down all paths you don't want to be on.

Will you cut class again?

Do you want to date? What kind of person?

Will you have sex before marriage?

- Talk about an important decision. If you wait for the "heat of the moment" to choose which path to take, it's too late. Decide now. The path you choose affects your health, the way you feel about yourself, how fast you grow up, your reputation, whom you'll date and perhaps marry, and so much more. Think this decision through...carefully. One way to do this is to imagine the kind of person you hope to end up with. How do you hope your future mate is leading his or her life right now?

Will you drink, smoke, do drugs?

What values will you choose?

What kind of relationships do you want with your family?

What will your attitude toward life be?

What will you stand for?

How will you contribute to your community?

The paths you choose today can shape you forever. It is both frightening and exciting that we have to make so many vital decisions during our seven years of teenagehood. But, that is life. We must make the "best" choices and we will increase our chances of being a highly effective teen and a successful adult.

Who's in the Lead?

- Besides being at the crossroads of the most important decisions you'll ever make, the other reason to visualize your future is because if you don't, **SOMEONE ELSE WILL!** As it has been pinned by Jack Welch, a successful business executive, "Control your own destiny or someone else will." You may ask, "Who will?"
- It could be anyone --- friends, parents, or the media.
- Without an end in mind of our own, we often wind up following anyone who's willing to lead, even into things that won't get us far.
- Living in the moment should mean enjoy the moment and not have our heads too far above the clouds.
- Go with flow - not good- you will end up where the flow goes -straight downhill into a pile of sludge.

- **A PERSONAL MISSION STATEMENT** – “A personal mission statement is like a credo or motto that states what your life is about. It’s a blueprint to your life.” If it is so important to have an end in mind, Covey says the best way is for you to write a personal mission statement.
 - Your mission statement can be poems, rap lyrics, favorite quotes, pictures or photograph, a Bible passage, tweets, freewriting, quotations, acronyms for a word that really matters to you, or ‘borrow’ someone else’s. “Be all you can be.”

The following is an example of a teenage mission statement by a teen named Beth Haire:

First and foremost, I will remain faithful to my God.

I will not underestimate the power of family unity.

I will not neglect a true friend, but I will set aside time for myself as well.

I will cross my bridges as I come to them (divide and conquer).

I will begin all challenges with optimism, rather than doubt.

I will always maintain a positive self-image and high self-esteem, knowing that all my intentions begin with self-evaluations.

○ **Uncovering Your Talents**

- An important thing in developing a personal mission statement is discovering what you’re talents. Be assured everyone has a talent, a gift, something they are can do well. Things like being a good listener, making people laugh, forgiving, drawing, singing, or just being nice. We don’t “invent” our talents in life, we are born with our talents, and you just have to “detect” them.
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Week 4A Assignment

Habit 2 First assignment – Due Wednesday April 29th, 2020

Assignment: Write your answers to the following statements/questions to find out what inspires you:

The Great Discovery

1. Think of a person who made a positive difference in your life. What qualities did that person have that you would like to develop?
2. Imagine 20 years from now- you are surrounded by the most important people in your life. Who are they, and what are they doing?
3. If a steel beam (6 inches) were placed across two skyscrapers, for what would you be willing to cross? A thousand dollars? A Million? Your pet? Your brother? Fame? THINK CAREFULLY
4. If you could spend one day in a great library studying anything you desired, what would it be?
5. List 10 things you love to do. It could seriously be anything - Web, design, dance, freestyle rapping, internet browsing, eating ethnic foods, daydreaming..... Anything you absolutely love to do.
6. Describe a time when you were deeply inspired.
7. Five years from now, a major news site is going to be doing a feature piece on you, and they want to interview three people you are close to. Who are they, and what would you want them they to say about you?
8. Think of something that represents you...a flower, a song, an animalWhy does it represent you?
9. If you could spend an hour with any person who ever lived, who would it be? Why that person? What would you ask them?
10. Everyone has one or more talents. Which of the ones below are you good at? Or write down some not listed.

Predicting what will happen	Good with words	Creative thinking	Athletics
Making things happen	Accepting of others	Sensing needs	Artistic
Working well with people	Memorizing things	Decision making	Speaking
Building things	Mechanical	Good with numbers	Writing
Dancing	Listening	Singing	Humor
Sharing	Music	Trivia	

Walking you through THE GREAT DISCOVERY gives you a jump start in developing your own mission statement.

WEEK #4B (Part 2 of Habit 2)

You may write your Mission statement on a note card or on notebook paper.

Getting Started on Your Mission Statement:

Use Week 4A & Week 4B to help you write your Mission Statement.

That will be your Week 4B (Assignment #2 on Habit 2).

******* Writing Your Mission Statement*******

The following are 4 easy methods to help you get started writing your own Mission Statement. You may want to try one or combine all four of them in any way you see fit! Or you can find your own method.

Method #1: The Quote Collection. Collect a few of your very favorite quotes. The sum of the quotes become your mission statement. For some people, great quotes are inspiring. They put your feelings in words

Method #2: The Brain Dump. Speed write about your mission statement for 10 minutes. Just keep writing and don't stop. Get all of your ideas on paper. If you get stuck, reflect on your answers to the Great Discovery. (Wednesday April 29th assignment) When your brain sufficiently purged, take another twenty (20) minutes to edit, arrange, and make sense of your brain dump. The result is that in thirty (30) minutes, you'll have a rough draft of your own Mission Statement, that you've created it yourself. Then write your Mission Statement.

Method #3: The Retreat. Plan a real large chunk of time, like an entire afternoon, and go to a place you adore where you can be alone and turn off your phone. Think deeply about your life and what you want it to be. Review your answers to the Great Discovery. Look to mission statement I gave you or look on internet for mission statements for ideas. Take your time and construct your own Mission Statement using any method.

Method #4: The Big Lazy. If you are really lazy, use the U.S. Army's recruiting slogan "Army Strong" as your personal Mission Statement. (JUST KIDDING)
You will be much better off writing an imperfect rough draft and then improving it over time, learning as you go. Mission statements come in many forms --- a poem, a song, a quote, a picture, many words, a single word (using the letters to write what representing your ideas.) You are writing it for you and only use. Make yours unique. The most important question to ask yourself is, "Does it Inspire Me?" If you can answer YES, you did it right.

NOW that you have walked through THE GREAT DISCOVERY, You have a jump start on developing your MISSION STATEMENT. Your **Mission Statement due Friday May 1st**.

Three Watch-Outs

- Watch-Out #1: Negative Labels: Remember : You are not labels! Have you ever felt you were labeled by others in a negative way? (by your family, teachers, or friends?) DO NOT LET OTHER PEOPLE'S pre-judgments limit you!
- Watch-Out #2: "It's All Over" Syndrome. All teens make mistakes that they are not proud of....Making mistakes is a normal thing! According to Sean Covey, just get your head screwed on right, and you will be fine.
- Watch-Out #3: Wrong Wall: Have you ever worked really hard to get something you wanted only to feel unsatisfied when you get it? Having no end in mind is a problem. But having an end in mind that leads us in the wrong direction can be an even bigger problem. Sometimes it appears some people have it all but really do not. They may have popularity, good looks, good grades, but as these people's fame increases they turn away from their principles and values, and then, they lose their direction. They may appear to be on top of the world, but they have compromised something far more meaningful, their character. It doesn't matter how fast they are going or how good they are looking if they are headed in the wrong direction.
- How can you tell if your ladder is leaning against the right Wall? Take a moment and ask yourself: "Is the life I'm living leading me in the right direction?" Be brutally honest as you pause and listen to your conscience, that inner voice. What is it telling you?

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Read this quote:

- "So often, in our quest to be more popular and to be part of the "in group," we lose sight of things that are far more important....."
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- Our lives do not always require 180-degree shifts in direction. More often we need only small shifts.

Go For The Goal

Five keys to goal setting:

Goals are specific and can help you break down your mission statement into bite-size pieces.

Key #1: COUNT THE COST. How many times do you set goals when we are in the mood but later find we don't have enough strength to follow through. Before you start Counting the Cost and considering the benefits, remember you must take the time needed. Counting the cost will always add a touch of needed realism to your goal.

Key #2: WRITE IT OUT. It is said, "A goal not written is only a wish." There are no ifs and buts about it. A written goal carries ten times the power.

Qualities for a Relationship/Future Spouse

1. Respect
2. Unconditional love
3. Honesty
4. Loyalty
5. Good listener
6. Will support me in my pursuits/goals in life
7. Righteous (spiritual nature)
8. Fun/good sense of humor
9. Makes me laugh every day
10. Good father/good with children
11. Will make me feel whole-----not torn apart
12. Will take time for me and will want me the best for me in life

HAPPY ENDINGS DO HAPPEN!!! DO NOT SETTLE FOR LESS!!!

Key #3: JUST DO IT W.H. Murray says it best. It describes what happens inside when we say "I will." "Until a person is committed, there is hesitancy, the chance to draw back, always ineffectiveness. There is one elementary truth, the ignorance of which kills countless ideas and splendid plans, that the moment one definitely commits oneself then providence moves on.....etc."

A Goethe's couplet says it all: "Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it."

Key #4: USE MOMENTOUS MOMENTS. Certain moments in life contain momentum and power. The key is to harness these moments for goal setting. Things with starts and finishes or beginnings and ends carry momentum. We must regenerate ourselves out of the ashes of bad experiences. Setbacks and tragedies can often serve as a springboard for change. They motivate you and make you stronger. Learn to harness the power of key moments, to set goals and make commitments when you are in the mood to do it. Someone once said, "CHARACTER is the discipline to follow through with resolution long after the spirit in which they were made has passed."

List of Moments that can provide Momentum for you as you set out to make new goals:

1. A new school year
2. A life-changing experience
3. Breaking up
4. A new job
5. A new relationship
6. A second change
7. Birth
8. Death
9. An anniversary
10. A triumph
11. A setback
12. An invention
13. Moving to a big city
14. A new day
15. Graduation
16. Marriage
17. Divorce
18. A new home
19. A new hairstyle

KEY #5: ROPE UP: When mountain climbing, climbers often “rope up” or tie themselves together with ropes to aid them in climbing and to save their lives if one of them were to fall. You’ll accomplish more in life if you’ll **“ROPE UP”** and borrow strength from others. Get creative. Rope up with friends, parents, brothers, sisters, boy or girlfriends, counselors, grandparents, pastors, or whomever else you can. The more ropes you have out, the greater your chances for success.

GOALS in ACTION:

You can accomplish most of your goals through your being committed. Napoleon Hill wrote, “Whatever the mind of man can conceive and believe, the hand of man can achieve.” If you have a mountain of spirit, you can do incredible things.

TURN WEAKNESSES into STRENGTHS:

This poem by Douglas Malloch says it well:
The tree that never had to fight
For sun and sky and air and light,
But stood out in the open plain
And always got its share of rain,
Never became a forest king
But lived and died a scrubby thing...
Good timber does not grow with ease,
The stronger the wind, the stronger the trees.

MAKE YOUR LIFE EXTRAORDINARY:

Life is short. Being perfect is not about the scoreboard in a ballgame. It is not about winning. It is about you and your relationship with yourself, your family and your friends. Being perfect is about being able to look your friend in the eye and know you did not let them down because you told them the truth. You should live in the moment as best as you can, with clear eyes, love in your heart, and with joy in your heart. If you can do that, then you are perfect as we humans can be. Life is a mission – not a career. A career asks, “What’s in it for me?” A mission is a cause. A mission asks, “How can I make a difference?” Most of us may never do great things, but.....“We can do small things in a great way!”

Week 4B

Assignment 3 Habit #2 Due Friday May 1st, 2020

1. What similarities are there between a personal mission statement and the roots of a tree? _____

2. What are the first three words that come to mind when you think about your personal mission statement? _____

3. Why is a written goal more powerful? _____

