

## Habit 2- Begin with the End in Mind

Would you start a trip without knowing where you are going?

Knowing what you are trying to accomplish directs all your choices along the way.

**Habit 2 is Begin with the End in Mind** - Think about how you want something to turn out before you start it. Goal setting is an important skill for success. Set a goal. Then, break it down into small, manageable pieces. A great example is a puzzle. You study the picture, and then, you sort the pieces. Perhaps you'll do the edge first. Next, you may find all the pieces of one color, and so on until the puzzle is complete.

### Ways to apply at home:

**Point out examples:** Share stories from your life, or even your day at work, where you had a goal or task that you accomplished. What steps did you take to accomplish it? How did breaking it down make it easier to accomplish? Point out examples from your child's life such as riding a bike, tying shoes, or another skill where your child had to **begin with the end in mind**.

**Create a goal:** Is there something your child wants that he/she can work for? Better reading skills, a day with a parent, or a new toy or game? Help your child set a goal, and define the steps he/she can take to achieve it. Make sure that the goal is attainable in order to create a positive experience.

**Look to the future:** From the time they are small, adults ask kids, "What do you want to be when you grow up?" Help your child identify an interest, and then encourage activities, skills, or other opportunities that support that interest. Show them how these little steps can lead them to greater opportunities to use this interest in a variety of ways or careers in their adult life. They very well may change their mind, but they will know you support them.

**Family Mission Statement:** What kind of family do you want to have? What does your family value? What is your ultimate goal? Discussing it as a family and putting it in writing can help lead the whole family in a more positive direction. It can be simple: "We are kind to each other all the time so everyone will always like coming to our home." Or it can be a paragraph. Whatever sums up your family and creates a positive picture that everyone can feel a part of. Be sure to include everyone in your family in the process of creating the mission statement.

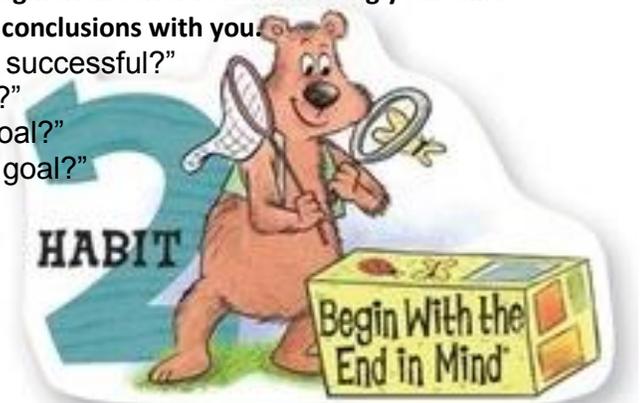
**Words to use:** **Reminder: It is important to use a non-judgmental tone. You are inviting your child to think for themselves and share his/her ideas, views, and conclusions with you.**

"Do you need anything from me in order for you to be successful?"

"Can we break this goal into more manageable steps?"

"What other steps do you need to take to reach this goal?"

"What do you plan on doing when you have met your goal?"



When you see your child **beginning with the end in mind** this week, please fill out and return the bottom of this handout by Monday, October 19<sup>th</sup>. Your child will be rewarded by his/her teacher.

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My child, \_\_\_\_\_, practiced **begin with the end in mind** this week.

**Beginning With the End in Mind** Action: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

