**HABIT 2**

***The 7 Habits of Highly Effective Teenagers***

**Key Concept**

Plan ahead—set goals.

Live life with hope and purpose.

**Key Words**

Crossroads

Goals

Mission

Statement

Skills

**HABIT 2—BEGIN WITH THE END IN MIND**

*****“Would you tell me please which way I ought to walk from here?” “That depends a good deal 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 means developing a clear picture of where you want to go with your life. It means deciding what your values are setting your goals.*

***Directions:*** Read the chapter on Habit 2. Complete the packet. Your grade will be based on completion up to 100 points.



**CLEAR YOUR MIND**

* Find a place where you can be alone without interruption
* Close your eyes and clear your mind of everything
* Breathe deeply and open your brain
* In your mind’s eye, visualize someone walking toward you about half a block away – as the person gets closer and closer, you suddenly realize it’s you—it’s the you as you would like to be one year from now. Ask yourself the following questions:

What have you done with your life over the last year? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How do you feel inside? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

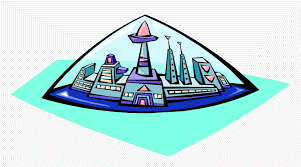
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What do you look like? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Has your personality grown? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Where Do You Want to Be?**

“Think about your own life. Do you have an end in mind? Do you have a clear picture of what you want to be one year from now? Five years from now? Or are you clueless?”

Write a brief description of what you want to have achieved at these stages in your life?

Figure out how old you will be and write that age in the right-hand corner of the corresponding box.

|  |  |
| --- | --- |
| **End of This Year** | **Five Years from Now** |
| **Ten Years from Now** | **50 Years from Now** |



**Crossroads of Life**

*So here you are—young and free—with your whole life ahead of you. You are standing at the crossroads of life and you have to choose which path to take. To begin with the end of mind, you must know where you want to go, who you want to be, and what you want to achieve in life. Answer the following questions as honestly as you can.*

1. Do you want to go to college? Graduate School?
2. Do you want to travel? Learn another language?
3. Should you live at home? Or get your own place?
4. What type of friends do you want to have?
5. Should you date? What kind of person?
6. What kind of relationships do you want with your family?
7. What will your attitude toward life be?
8. What will you stand for?
9. How will you contribute to your community?

**Personal Mission Statement**

*A personal mission statement is like a personal credo or motto that states what your life is about. It is like the blue print to your life.*

Complete “The Great Discovery” on the next page and then return here to write your own personal mission statement.

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