



## Habit Two: Begin with the End in Mind

Begin with the End in Mind means to think about how you would like something to turn out, even before you get started. It is all about making goals and thinking about what the desired results are. Reading a recipe before cooking, making a shopping list before going to the store, or looking at a map before leaving on a trip is beginning with the end in mind. This habit focuses on planning ahead, thinking about the impact of actions taken, and setting goals.



### Activities to Try at Home:

1. Habit 2 provides a good base of activities around goal setting. As a family or with a child, choose an area that needs improvement (doing chores without complaining, being kind to siblings, etc.) The area of improvement, or the broad goal, becomes your end in mind. Think of specific steps that will lead to achieving this goal. For example, if the goal is to improve as a reader, specific steps may include reading a certain amount of time every day. It may involve reading together as a family.
2. Create a wants and needs collage with your child. Cut out pictures of various items (toys, clothing, vegetables, cleaning supplies, desserts, appliances) from a magazine and then work with your child to paste them under the correct column of wants or needs. Discuss why items are put in the chosen columns.
3. A family mission statement is like a contract that a family lives by that helps them all make decisions. It represents the unique purpose and values of your family. Mission statements take many forms. They may take form as a saying or phrase, a picture, a poem, or even a song. Make it personal to your family. Discuss the following with your family as you work to create a mission statement:
  - a. What does our family want to be known for?
  - b. How do we treat each other?
  - c. What big goals do we want to achieve?
  - d. What unique talents, interests, and skills do we have?

Consider posting your statement prominently in your home.

4. Check out some of the following picture books at the library to use as a springboard for discussion about "beginning with the end in mind."
  - a. *The Very Busy Spider* by Eric Carle—The spider spins her web throughout the story. She has an end in mind, to finish her web and catch a fly for dinner.
  - b. *Click, Clack, Moo* by Doreen Cronin—The animals have an end in mind. The cows become leaders and finally get electric blankets for themselves and the chickens.
  - c. *Inch by Inch* by Leo Lionni—The inchworm has the end in mind, to not get eaten! The inchworm becomes a leader by using what is in his circle of control to measure his way out of danger.

