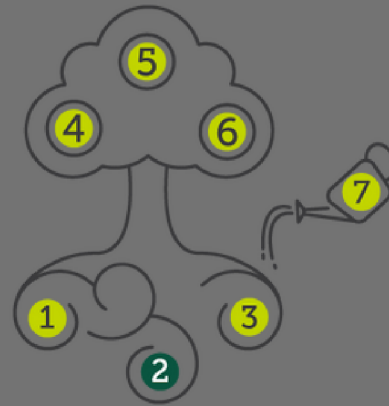


# Habit 2

Begin With The End In Mind





**Habit 2 - Begin With The End In Mind.**  
is to understand your destination so that the steps you take today, tomorrow and in the future are in the right direction.

It ensures each day of your life contributes in a meaningful way to your vision, making certain that whatever you do doesn't violate what **YOU** have defined as supremely important.

**newleaf**



Are you ready to explore  
your future vision?

**newleaf**



It's too easy to get caught in an  
activity trap, in the busyness of life.

Busyness on the wrong things just gets  
you to the wrong place faster.

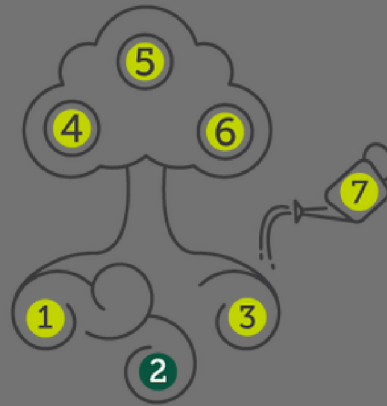
**Knowing what we want from our life,  
keeping that picture in mind,  
we can then manage ourselves each  
day, focussing on what really matters.**

**newleaf**



How much time did you spend in  
the activity trap today?

**newleaf**



**All things are created twice.**

**First, mentally** - the plan.

**Second, physically** - executing the plan.

Self-awareness, imagination, and conscience enable us to examine first creations and make it possible for us to take charge of our own first creation, to write our own script.

**newleaf**



Are you following your own, well designed plan, or is your plan by default, the script written by others (friends, family, colleagues, circumstances, culture)?

**newleaf**



**In order to write a personal mission statement, we must begin at the very centre of our Circle of Influence.**

That centre is comprised of our most basic paradigms, the lens through which we see the world.

It is here that our focused efforts achieve the greatest results.

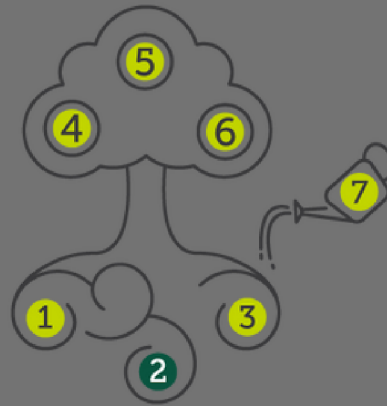
**Whatever is at the centre of our life will be the source of our security, guidance, wisdom and power.**

**newleaf**



**Ask yourself. What couldn't you bare to be without?**

**newleaf**



**We all have a centre.**

Our identity is where we get  
our feelings of self-worth.

**By attaching our self-worth to  
something outside of us,  
something extrinsic,  
we make it fragile  
and prone to things  
outside of our control.**

Examples include spouse centredness,  
family centredness, work centredness,  
pleasure centredness and possessions  
centredness.

**These corrupt the way we approach  
everything in our life.**

**newleaf**



**Are you attaching your self worth  
to people and things outside  
your control?**

**newleaf**



**Frankl says we detect rather than  
invent our missions in life.**

Our meaning comes from within.

**You are the programmer of your life.**

Now write the program.

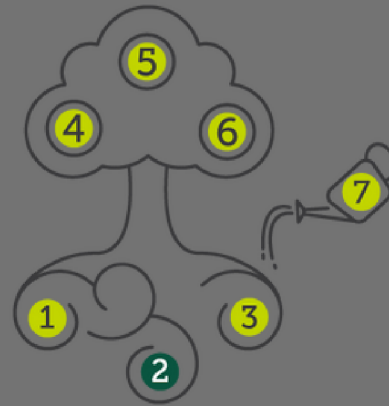
**Until you accept the idea that you are  
responsible, that you are the  
programmer, you won't really invest  
in writing the program.**

**newleaf**



**Are you the programmer?**

**newleaf**



**A mission statement is not something you write overnight.**

It takes deep introspection, careful analysis, thoughtful expression, and often many rewrites to produce it in final form.

It may take you several weeks or even months before you feel really comfortable with it, before you feel it is a complete and concise expression of your innermost values and directions.

**Even then, you will want to review it regularly and make minor changes as the years bring additional insights or changing circumstances.**

**newleaf** 



**Developing a personal vision, mission and values statement takes time, but will help you when making major, life-directing decisions, as well as forming the basis for making daily decisions in the midst of the circumstances and emotions that affect your life.**

Many mental and emotional illnesses are symptoms of meaninglessness or emptiness.

**Find your unique meaning and mission in life.**

**newleaf** 



**Fundamentally, your mission statement becomes your constitution, the solid expression of your vision and values.**

It becomes the criterion by which you measure everything else in your life.

The process is as important as the product. It forces you to think through your priorities deeply and carefully, and to align your behaviour with your beliefs.

**As you do, other people begin to sense that you're not being driven by everything that happens to you. You have a sense of mission about what you're trying to do, and you are excited about it.**

**newleaf** 

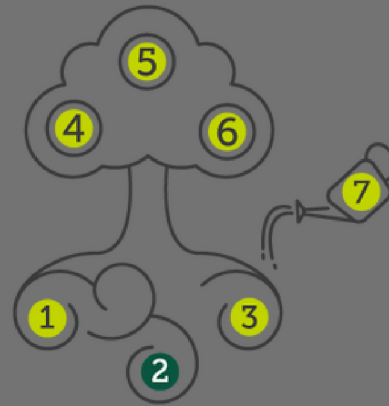


**Expand your perspective by consciously creating experiences in the future.**

Through your power of imagination visualise your own funeral, significant anniversaries, your retirement, your contributions and achievements.

**As you do, you inevitably come to see what really matters most to you in your life, who you really want to be and what you really want to do, and start to think in longer terms than today and tomorrow.**

**newleaf** 



**Personal leadership is not  
a singular experience.**

It doesn't begin and end with the writing  
of a personal mission statement.

It's an ongoing process of keeping your  
vision, mission and values before you  
and aligning your life to be congruent  
with those most important things.

**Just as athletes and performers use  
visualisation and affirmations,  
you can too.**

**newleaf** 



Your mission statement will be much  
more balanced, much easier to work  
with, if you break it down into the  
**specific roles/areas of your life  
that you have responsibility  
and are important.**

**newleaf** 