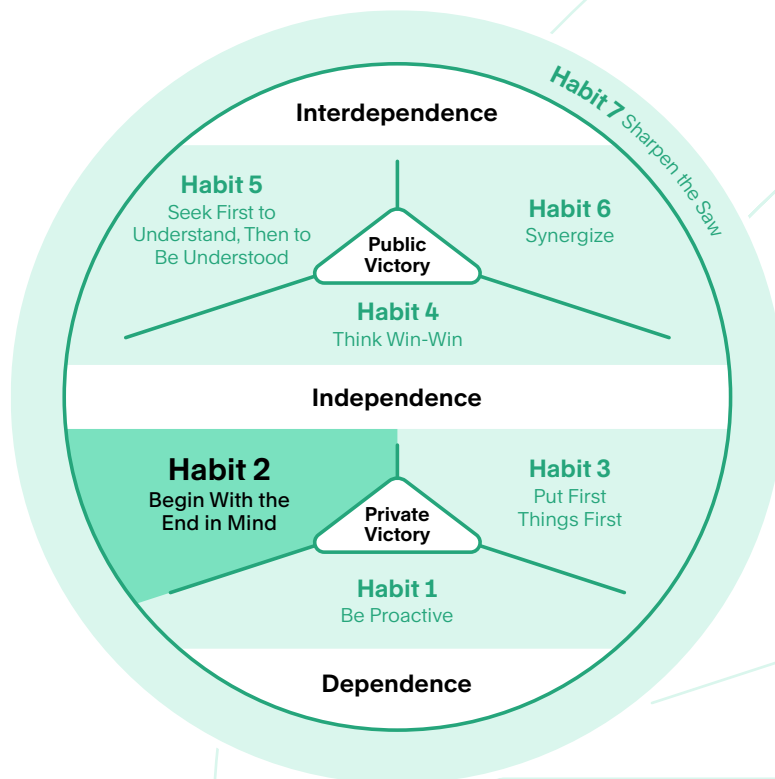


Habit 2: Begin With the End in Mind®

The Principle of Purpose

What Does It Mean to Begin With the End in Mind?

Beginning with the end in mind is about deciding where we want to go, what we want to do, and who we want to be—in the next few hours, the next few months, or across a lifetime.



Common Paradigm

I go with the flow because I can't predict how things will turn out.

+

Highly Effective Paradigm

Clearly defining my vision and purpose will help shape the future I want.

Practice 1: Define Outcomes Before Acting

Defining outcomes helps us

- Get started.
- Make choices along the way.
- Adapt to change.

BACKCASTING

Backcasting is a bit like forecasting. But with a twist. When you forecast, you predict what you think will happen. When you backcast, you talk about a future event *as if it already happened*. It can be a great way to discover what you need to do now to achieve something in the future.

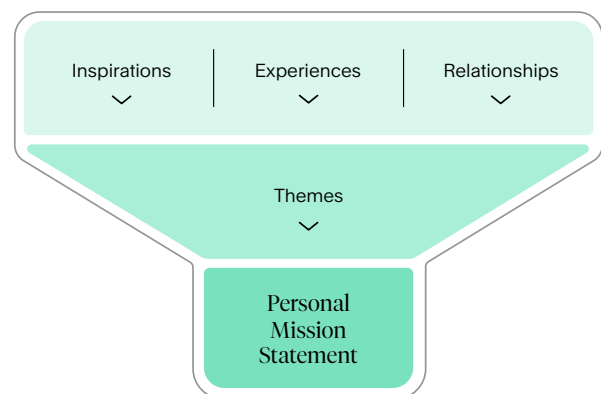
Practice 2: Create and Live by a Personal Mission Statement

A Personal Mission Statement is an expression of your purpose and priorities.

To create your mission statement, consider three areas:

1. **Your inspirations:** The people who most inspire you.
2. **Your experiences:** How you grew to where you are today and where you want to go.
3. **Your relationships:** The people who matter most.

After we've considered each, spend some time identifying themes and writing a first draft of your Personal Mission Statement.



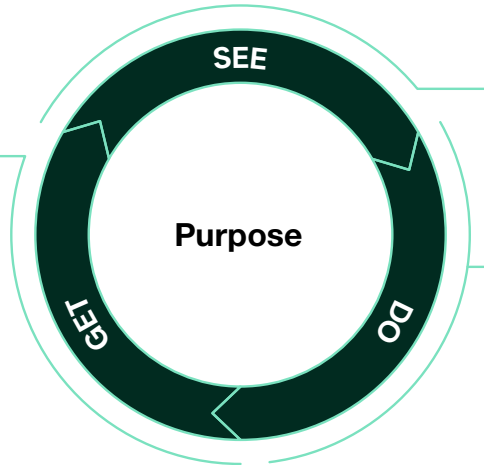
TIME CAPSULE

Mission statements evolve as we do. Set up a reminder to review your mission statement and refine it as needed. Go ahead and open your calendar on your phone and create a reminder for 3 months from now. When you finish this course, add the downloaded mission statement to your calendar reminder.

SHIFT YOUR PARADIGM. CHANGE YOUR PRACTICES. BE MORE EFFECTIVE.

Results

- A deeper understanding of who we want to be.
- A greater sense of meaning and purpose.
- Direction to help make decisions.



Paradigm

Clearly defining my vision and purpose will help shape the future I want.

Practices

- Define outcomes before acting.
- Create and live by a Personal Mission Statement.