

BEGIN WITH THE END IN MIND

For the month of November, we have been learning about Habit #2: Begin with the End in Mind. This is the habit that asks you to reflect on the steps that need to be accomplished before you meet a goal. Research has shown that the simple act of writing a goal greatly increases the chances of accomplishing it. If the goal is broken down into action steps and the action steps are tracked, goals have an even greater percentage of success. At school, your child may write his or her academic and personal goals in a Leadership Notebook. You can help your child to reach this goal by asking them about it. Post the goal and the action steps in a visible place and be sure to track and celebrate progress! We encourage you to reinforce this habit at home.

In the month of December, we will focus on Habit #3: Put First Things First. More tips and helpful hints coming soon.

You are in charge of:

Your Attitudes:

- Think of a goal you want to accomplish.
- Focus on the steps you need to accomplish this goal.
- Try to ignore the activities that distract you from your goal.

Your Choices:

- Ask yourself, "What are my action steps to reach my goal?"
- Ask yourself, "What activities should I not focus on right now?"

Your Responses:

- Write your goal down.
- Create a list of action steps you need to take to reach your goal.
- Track your progress and have an accountability partner to help you meet your goal.
- Celebrate your success!

We can reach our goal if we think of the action steps that will lead to achieving this goal.

