7 Habits Book Club

Habit 2 – Begin with the End in Mind

1. What character traits do you want others to remember about you? What contributions and achievements would you want others to remember? What values would they say you held dear?

2. What really matters most to you in this life? (this could become part of your mission/purpose statement). Write some ideas down:

To begin with the end in mind means to understand what matters most; to know where you are going so that the steps that you take lead you towards the life you want. By keeping that end in mind, you can make sure that whatever you do does not violate the purpose that you have defined as being supremely important and that each day, your life contributes in a meaningful way to your purpose or vision for your life as a whole.

In our session with Wilson, he talked about taking a trip...you wouldn’t pack up and go to the airport without a destination. Yet, in life, we usually don’t know where we want to go. We don’t usually have a purpose or vision to guide us. Having and knowing this purpose guides your plans, your goals and your actions towards what you really want.

In relation to Habit 1, we need to know who we are and have our own personal purpose, or we risk reactively living the lives that others expect of us instead of living by our own principles.

Habit 1 = You are the creator.
Habit 2 = The purpose you create guides you in life.

3. How is ‘leadership’ different from ‘management’?

Once you know where you want to go, you need to look at your paradigms and scripts that you’ve been holding onto (which ones are ineffective and out of line with your values and purpose?) and work within your Circle of Influence towards what you want.
(Example of Sadat, p. 103 – 104. Example of how Stephen would want to be remembered by his children, p. 105).

To begin with the end in mind means to approach your roles in life with your values and directions clear. You are responsible for re-scripting yourself so your paradigms that influence your behaviour are in line with your deepest values and purpose.

Your own personal mission statement can be your purpose statement that you may have already written down. Stephen sites an example of a mission/purpose statement on page 136 – “My mission is to live with integrity and to make a difference in the lives of others”.

Here are some other great examples I’ve found on the internet of really inspiring personal mission/purpose statements:

- “I’m a one-woman campaign to stomp out guilt”

- “To find happiness, fulfillment and value in living, I will seek out and experience all of the pleasures and joys this life has to offer”.

- “I, Jerry Soto Jr. will live everyday with integrity and vow to consistently make a positive difference in the lives of others utilizing my knowledge for the good of all people”

Your mission/purpose statement becomes the basis for your decision making (What should I do? How should I use my time? Where should I focus my talents and energy? How should I respond?) and can empower you to act how you want to act in difficult times. It gives you a place to fall back on when dealing with change because you will know who you are, what you value and how to respond to the change.
Whatever is at the centre of your life will be the source of your security, guidance, wisdom and power (p. 109 – 110). What is at our center fundamentally affects our decisions, actions and interpretations of events. As a principle centered person, you try to stand apart from the emotions of situations and instead evaluate options based on your principles, purpose, values and strengths.

p. 109 – 128.
We all have a center (core paradigm) that affects every aspect of our lives. Some ineffective examples of how people tend to center their lives are:
Spouse Centeredness
Family Centeredness
Money Centeredness
Work Centeredness
Possession Centeredness
Pleasure Centeredness
Friend/Enemy Centeredness
Church or Spiritual Centeredness

4. What are the risks of being centered on these things?

5. What is at the centre of your life? In what ways do the things at your centre affect your personal effectiveness? (do they impact your life in positive or negative ways?).

6. We talked in previous sessions about the stability of your purpose over time and many in the group thought that your purpose will change over time. Stephen states that you should review this statement often and that you may make minor changes to it over time as you have new insights into who you are, but that your statement becomes your “constitution” or a solid and stable expression of your vision and values. What do you think about the stability of a mission/purpose over time after reading Habit 2?
7. Stephen states we can tap into our right brain by visualizing the end result that we want. Athletes often use visualization to see, feel and experience the result they want.

Take a moment and visualize what you want to look like at the end of this Leading Self program (What will you be thinking? How will you feel about yourself? What will you be doing? How will you feel overall? How will you be responding and relating to others? What will really matter most to you?).
Write it down:

8. What are the benefits of having a personal mission statement or purpose statement?

9. What roles do you have in your life?
10. A mission or purpose statement is not something you write overnight. It takes time and consideration. You can start a collection of notes, quotes and ideas you may want to use as inspiration for writing your statement (Pinterest is great for inspiration! https://pinterest.com/).

Take a moment to think and free write ideas for your own mission/purpose statement considering your roles and long term goals (where you want to be):

This website can help you write your personal mission/purpose statement: http://www.franklincovey.com/msb/

I would advise that the shorter and sweeter, the easier it will be for you to remember your mission/purpose statement 😊