

The 7 Habits of Happy Kids

Your child is learning the 7 Habits of Happy Kids as a tool for developing personal leadership.



Habit #2 – Begin with the End in Mind!

To begin with the end in mind means to have a plan! It is important to think about how you want your situation to end. It is about setting goals and making a plan to achieve the end goal.

“I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom. I look for ways to be a good citizen.”

Habit 2 teaches that **“Beginning with the End in Mind”** or having a mental picture of achieving a goal can lead to a better way of doing it. For example, imagine doing a 100 piece puzzle with no picture of it finished, cooking a new dish without a recipe, or driving to a new place with no map or GPS.



Setting Goals



How to Do This With Your Child:

1. Have your child identify a goal that is meaningful to them.
2. Help your child visualize a “picture” in their mind achieving the goal; you could even have them draw the picture
3. Have them break it down into manageable, specific steps; write the steps down.
4. Check their progress and offer support. Discuss final results and celebrate effort.

“If you don’t know where you are going, than you probably won’t end up there.” ~Forrest Gump