



Begin With the End in Mind

November 13, 2017

Students Will Be Able To

- 1. Explain the importance of planning for the future*
 - 2. Purposely plan goals for their future*
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Materials

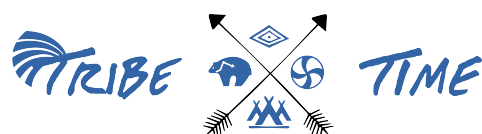
Copies of the Paper Puzzle, Copies of the *The Great Discovery* or Goal Handout

Introduction

Students may not realize it, but they do it all the time. You read a recipe before you bake a cake. You create an outline before you write a paper. It is part of life. Beginning with the end in mind means developing a clear picture of where you want to go with your life. It means deciding what your values are and setting goals. If you do not know where you are going, it is hard to know if you are going in the correction direction. Taking time to plan out your life's direction will help you know if you are wasting time or heading on the correct path. Everyone has the ability to achieve their dreams. It does not matter what family you come from, what you believe your limitations are, or your past. If you are passionate, dedicate yourself, and put in the time, you can reach your goals. Set a goal for yourself. Decide what type of person you want to be, and start working towards that direction. Before you start out on the path of life – “Begin with the end in mind!”

Activity 1 – Puzzles

- Teacher has two puzzle sets. Teacher should divide students up into two groups. One group must put the puzzle together upside down. The other group is able to put the puzzle together by looking at the picture. Allow the groups to start the task at the same time.
- When the students are complete, ask the following questions:
Why was the group looking at the picture able to complete their puzzle first?
Why is it easier to begin with the end in mind?





Activity 2 – Group Discussion: Crosswords of Life Reflection Prompts

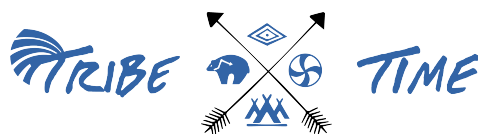
- Daily you will face questions about issues that will affect your future beginning right now. Decide **now** how you will respond to these questions **before** you face them, that way you know what to do when the time arrives. The paths you chose today can shape you forever. You have your whole life before you. You are standing the crossroads and you have to decide which path to take. Think about the following. (You can just answer to yourself instead of yelling them out.)
- Teacher asks the students...
 - Will you...
 - Drop out or stay in school?
 - Do as little work as possible and just get by?
 - Decide on a college or university or have someone else decide for you?
 - Try out for a team or club?
 - Have friends that lift you up or tear you down?
 - Be a positive friend or a negative one?
 - Experiment with drugs and alcohol or not?
 - Take a stand or just go with the flow?

Activity 3 – Great Discovery

- One reason to create a vision is that if you don't, someone else will do it for you. As Jack Welch, a current business executive, put it, "Control your own destiny or someone else will." "Who will?" you may ask. Perhaps your friends or parents or the media. Do you want your friends to tell you what you stand for? You may have fine parents, but do you want them to draw a blueprint for your life? Their interests may be far different from yours. Do you want to adopt the values portrayed in reality TV shows, magazines, and on the big screen?
- The Great Discovery is an activity designed to help you reflect on your own life. As you go through this activity, answer the questions honestly. When you are finished, you will have a better idea of what inspires you, what you enjoy doing, and where you want to take your life.
- Teacher hands out the **Great Discovery worksheet** and allows time for students to complete the self-reflection.

Activity 4 – Creating a Goal

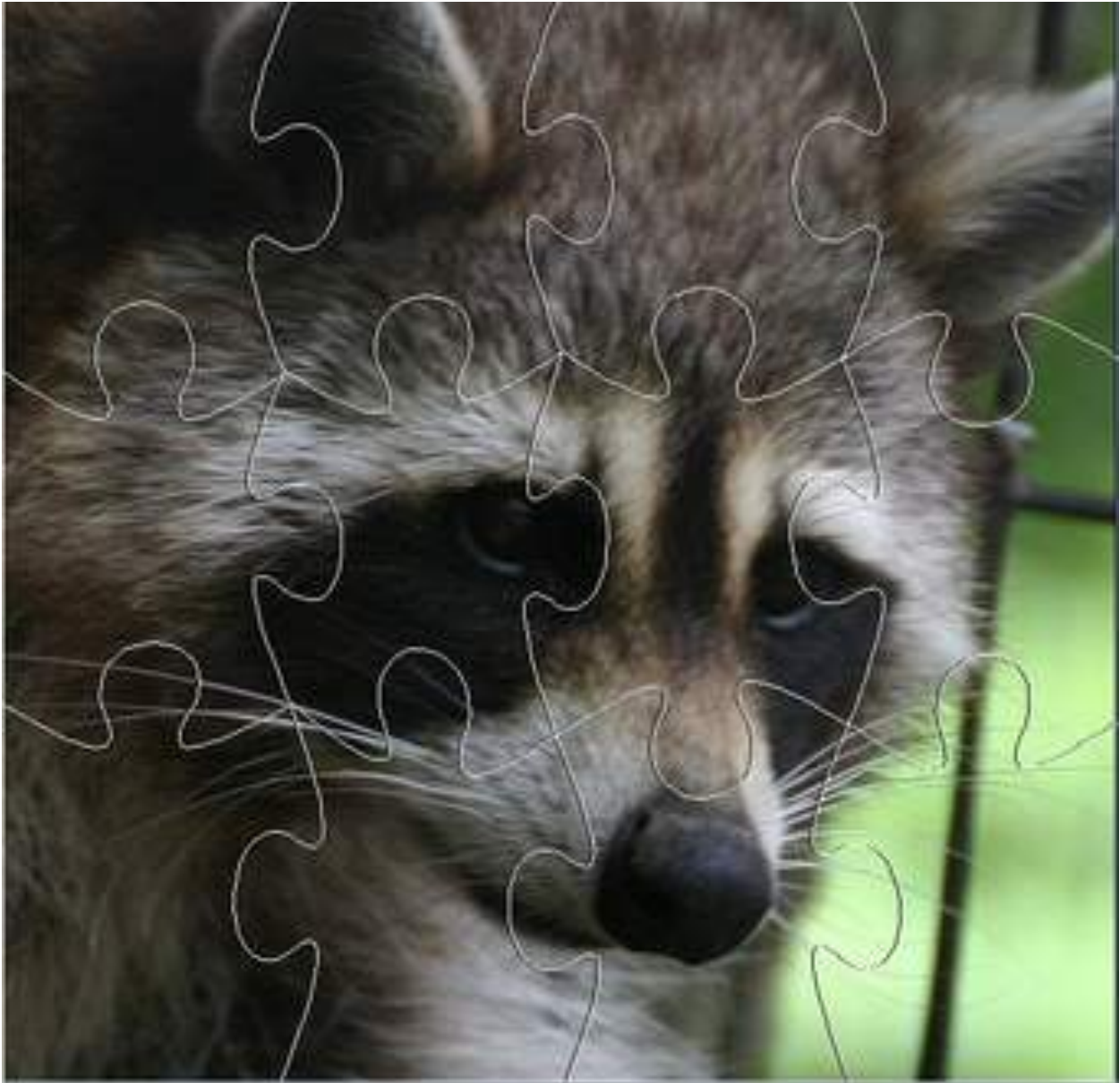
- Teacher distributes **Goal Handout** to each student.
- Allow time for students to work through and set two goals.
- When most students have written their goals, discuss the following questions.
 - Why did students identify characteristics and future goals?**
 - Why did they select steps they need to complete in order to reach their vision for themselves?**





Puzzles (You will need 2 copies)

Activity 1





The Great Discovery

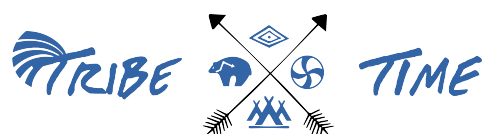
Activity 3

1. Think of a person who made a positive difference in your life. What qualities does that person have that you would like to develop?

2. Imagine yourself 20 years from now...surrounded by the most important people in your life. Who are they and what are you doing?

3. If a steel beam (6 inches wide) were placed across two skyscrapers, for what would you be willing to cross? Money, pets, family members, fame?

4. If you could spend one day in a great library studying anything you wanted, what would it be? Why?





5. List 10 things you love to do.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

6. Describe a time when you were deeply inspired?

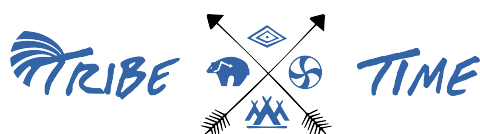
7. Five years from now, a major news site is going to do a feature about you and they want to interview 3 people you are close to. Who are these three people and what would you want them to say about you?

8. Think of something that represents you...an animal, plant, song, etc. Why does it represent you?

9. If you could spend an hour with any person who ever lived, who would it be? What would you ask him/her?

10. Everyone has one or more talents. Which of the ones listed are you good at? (You can add ones that are not listed.)

Good with numbers	Sensing needs	Mechanical	Artistic
Good with words	Creative thinking	Athletics	Making things happen
Working with others	Memorizing things	Decision making	Building things
Accepting others	Predicting what will happen	Speaking	Writing
Dancing	Listening	Singing	Humor
Sharing	Music	Trivia	





Goal Handout

Activity 4

Directions: Create a goal about what you would like to do in junior high/high school that is related to your future education and career.

Goal: After I graduate high school, I plan to: _____.

I plan to **ACCOMPLISH** this goal by...

1. Achieving a GPA of _____

GPA Cheat Sheet

A = 4.0	A- = 3.5
B = 3.0	B- = 2.5
C = 2.0	D = 1.0

2. Why do you want pursue this plan?

Money	Adventure	Make a difference
Easy to achieve	Challenging	Gain experience
Passionate about it	Happiness	People person

3. Circle six skills that you would need to be successful with your plans.

Knowledge	Communication	Math	Writing	Public speaking	Creativity
Problem solving	Planning	Working with others	Decision making	Organization	Responsibility
Physical fitness	Computers	Persuading others	Resolving conflicts	Leadership	Confidence

4. Of the 6 skills that you circled, pick the two that you most need to improve.

Skill #1 _____

What specific steps will you take to get better at this skill? When will you accomplish this goal?

Skill #2 _____

What specific steps will you take to get better at this skill? When will you accomplish this goal?

