

The Seven Habits of Highly Effective Teenagers Lesson Plan

Begin with the end in mind! – Lesson Plan

Here is the lesson plan for Habit 2's advisory activity. Please read over the lesson plan ahead of time.

Introduction:

"October's habit is 'Begin with the end in mind'. 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!**"

Demonstration – Watch wounded soldiers ironman video. Discuss what type of focus, determination, and strength it took for those soldiers to cross the finish line. How long do you think it takes someone to train for the ironman? How long do you think it takes a wounded soldier to train for the ironman? What do you think that soldier feels when they cross the finish line?

Activity 1:

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:

Teacher has student profile pages. Students should complete their profile page. Once students fill out their profile pages, have them grouped in pairs to discuss their profiles. Ask students to share their profile.

Discuss why students identified characteristics and future goals. Ask students why they selected tasks they need to complete in order to reach their vision for themselves.

Conclusion:

"Each of you has the ability to reach your goals, but we must use our time and talents wisely. Find people around you who are willing to support you. Decide what type of person you want to be and what dreams you have for your future. If you are passionate about reaching those goals, you will be successful. Understand that it takes time to reach your goals. Each day you work on reaching your goal makes you closer to reaching your goal. Set your eyes on the finish line. – Begin with the end in mind!

Have students hang their student profiles in your classroom so they can share their goals.