



Career Advising Through Career Pathways

Successful Strategies from ECWDB

PART 4: Pathways as a Goal Setting Tool

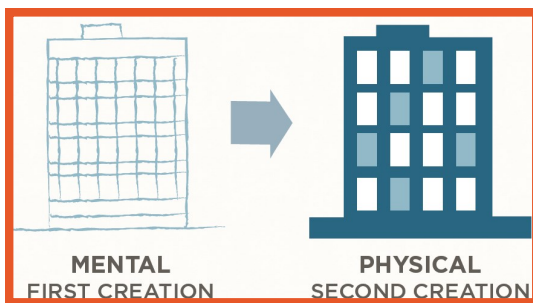
The 7 Habits of Effective People

By: Dr. Stephen Covey's

Habit 2: Begin With the End in Mind

To begin with the end in mind is to begin with the image of the end of your life as the frame of reference by which everything else is measured.

So, what do you want to be when you grow up? Think about it for a moment. Are you--right now--who you want to be, what you dreamed you'd be, doing what you always wanted to do? Be honest. Sometimes people find themselves achieving victories that are empty--successes that have come at the expense of things that were far more valuable to them. If your ladder is *not* leaning against the right wall, every step you take gets you to the wrong place faster.



Habit 2, is based on imagination - the ability to envision in your mind what you cannot at present see with your eyes. Its guiding principle is that all things are created twice. There is a mental (first) creation, and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint. If you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default.

It's about connecting again with your own uniqueness and then defining the personal, moral, and ethical guidelines within which you can most

happily express and fulfill yourself.

Visualization Exercise: Click and view the video. You may want to watch once and then repeat while completing the below exercise. *(After viewing)* Think about all the things that you want to be remembered for.

Take out a piece of paper and write down what you would want each person to say about you at your funeral. Imagine the people who mattered the most to you have five minutes to speak. What did they most appreciate about you? What did your life mean to them? What impact did it have? What have they lost with your passing? Write these words down as though you were that person.



Determine what would have to change in your life in order to create this outcome. Here's the good news: you aren't dead yet. You can still change the outcome. You can take the steps necessary to begin shaping these eulogies—and the outcome of your life—now. Do you need to make a phone call, restart your career, or be more intentional with those you love? Whatever is required, wouldn't it be worth the effort?

Use this as the motivation to create a written plan. A "life plan" may sound daunting, but in fact, it will likely be one of the most inspiring experiences of your life.

This visualization activity is the perfect place to start identifying what track you want to be on and how to get on it!