



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Certified Life Coach and MSW

## **Beginning with the End**

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A few months ago, my husband and I set out on a quest to find a new house. Our real estate agents connected us with updates on houses for sale in our areas of interest. After touring several homes that never seemed quite right, we sat down and created a dream list of features we wanted in our new home. Clarifying our desires felt satisfying. We closed the notebook, put it away, and continued our search.

Last month, we found our new home. We knew and felt it the moment we crossed the threshold. Knowing we needed to organize and coordinate so many pieces in the buying and selling process, we pulled out a notebook...and rediscovered our dream list. As we stood side by side reviewing our list, we chuckled. Our new house matched the one described on our dream list. Our search that began with the end in mind had come full circle.

The second habit of Stephen Covey's, *Seven Habits of Highly Effective People*, states "Begin with the end in mind." This habit has two components - mental and physical. The mental creation of what you want defines the possibilities and desired outcomes. With that defined, the physical creation begins as the mental creation guides your choices.

Sports champions frequently begin with the end in mind. They visualize the game in their mind; they picture themselves winning and their fans applauding them loudly. They experience all the emotions and the good feelings associated with winning. Or, they may visualize just the next play, golf round, or tennis swing.

Many ways to practice "beginning with the end in mind" occur each day. For example, what do you want to have accomplished by the end of this work day? Or, what time would you like to be leaving the office? How would you feel if you accomplished that? Being clear on the answers to these questions can shift the outcome of your day. You may reprioritize your work, make conversations more direct, take a shorter lunch, or tell a coworker that now is not a good time to talk. Remember, the mental picture creates the physical actions.

Where else can "beginning with the end in mind" work? In weight loss, financial planning, leadership skills, conversation outcomes, business sales, project management, parenting. The possibilities are endless! And, it can be used for big or small outcomes. With weight loss, you may see yourself being healthy, at a desirable weight, fitting into clothes you like. That's the big picture. On a smaller scale, you may see yourself at a cookout next weekend avoiding the potato salad, heaping on fresh veggies, and enjoying a hamburger without a bun. You always want to be thinking of the end result you want in everything that you do.

As Zig Ziglar said, "Every choice you make has an end result." Beginning with the end in mind creates a positive mental attitude by establishing possibilities and desires. With that in place, your choices align, consciously or unconsciously, with the end result you want, rather than an unplanned outcome. You sense when something feels right and you know when you are wandering off your path. And, chances are, you will reach your end, or success, faster than if you did not start with an end in mind.

"However beautiful the strategy, you should occasionally look at the results." - Winston Churchill

"Your attitude, not your aptitude, will determine your altitude." – Zig Ziglar

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