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COACHING

BEGIN WITH THE END IN MIND

I went to a funeral for an old friend – Ken Migita. I met Ken and his wife Chris 16 years ago when we moved to Kobe and they were our neighbours. Chris and Ken made us and all of the English expats feel welcome and helped us all get to know and love the city what was for many years their home. Then around 8 years ago I received a card with their new address – they had moved to Middleton Stoney! For those of you reading this who aren't local, Middleton Stoney is just 2 miles away from Bicester where I now live. Small world!

The small church was full of people who once had lived in Kobe. Most of them I hadn't seen since we had left. I had travelled just a few miles to be there, but many people had travelled great distances. In the middle of the service, one of the ex-expats read a warm, caring and yet down-to-a-T tribute of Ken who had lead a wonderful and sometimes extraordinary life.

Thinking about Ken's tribute later brought to mind Stephen Covey's "The 7 Habits of Highly Effective People". His book shows you how successful people do things differently and how you can emulate these things to become more successful yourself. Following is the essence of Stephen Covey's 2nd Habit – "Begin with the End in Mind"

Start with a picture in your mind of the end of your life, as your frame of reference, as your criteria by which you examine everything else in your life.

Get into the frame of mind that you are arriving at a funeral of a dear one. In your mind's eye see yourself arriving at the church and finding a seat at the back. See the church filling up with your loved ones, friends, family and work colleagues. The church is packed. There is a great feeling of love and appreciation resonating the value of this person and the impact that they had on their own lives. Find yourself becoming aware that this is your funeral. That in the casket, it is you, 5 years from now. At the service, there are 4 speakers waiting to talk about you and your life. One person is from your family – it maybe your partner, or maybe it is someone beyond the nucleus. One person

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is a friend. One person is a work colleague or associated with your work. One person is from your church or your community that you have given service to.

Think about what you would like these people to say, 5 years from now. What would they say about you as a family member. What would they say about you as a friend, a colleague or a community worker? What would they say about your character? Or about your achievements?

Think carefully about these roles and write down the words that you would like them to say about you. Do it through imagination and emotions. Don't tie it into your own history: tie it into your potential.

Begin with the end in mind. To start on the path of development you have to have a clear view of your destination. Where are you going?

- *Decide what your own value system is.*
- *Write your own philosophy.*
- *Write your own life plan.*
- *Write your own beliefs.*

Write it, believe it and get it into your own heart. Make it your life that you are proud of.

We often read books, magazines or get snippets of information like this, but rarely do we take action. Sometimes though we get kick started into action – and attending Ken's funeral did just that for me. Life is incredibly precious and I want to do so much! Will you join me in your efforts? Will you too take some time out and plan what you want to achieve – and make it a life to be proud of? Let me know!

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