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Don't Settle For Less Than Your Personal Mission

By JoAnna Carey, The Rat Race Relaxer

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Success is not an easy concept to define. What does it take to be successful? How does success look? When should a person feel like a success? Once success is achieved, how can new goals be set without diminishing the value of one's previous accomplishments? Can success ever be realized when time is finite and obligations seem endless? These questions may be answered best with the following question, "Who is the person defining success?"

Take the initiative to define your own success by developing a personal mission statement. A personal mission statement is developed by focusing on the qualities that make you unique, such as, who you are, what you would like to do, your hopes, fears and wishes. It can be as ambitious or as simplistic as you desire, and it is ever-changing.

What if you don't feel confident enough to create a personal mission statement? Start with a group of goals you would like to accomplish over the next year. Keep experimenting until you find an idea that you believe you were meant to relentlessly pursue. Remember, it is your mission and it can change as you grow and excel; you are the only limit to what you can become.

Still having trouble defining personal success? Imagine that a genie were to grant you three wishes. If all you can come up with is, "I would like to be rich and thin," you haven't taken enough time to know your true goals. Ask yourself what you would DO if you were rich and thin and you will see a hint of your true mission. Now ask yourself if any of the things you named are things you can do right now and, if so, why do you choose not to follow through.

This is a very personal key. Measuring your standards on a bar set by others means permanently installing yourself on a treadmill of your own making. Have the courage to determine what you want out of life and make a promise to yourself that you will not settle for less than your vision of success.

I see this dilemma often among parents with young children. Some are stay-at-home moms who would really like to work at least part-time. Others are working at careers that leave them unsatisfied, when they would really prefer to spend more time with their children. And although we don't often hear

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about this dilemma among fathers, there are a growing number of men who are sharing equally in the day-to-day activities of child rearing and would also like more flexible work schedules. Take the time to determine what is most important in your life and be honest with yourself as you identify a personal mission statement.

When you take the time to know where you are headed, you will begin to see opportunities that will help you reach your goals. By honoring your vision of success, you'll be in the best position to take that next bold step toward personal fulfillment. Start with a few things you want to change, ideas you want to pursue, people you want to meet, or a new hobby you want to try. Then, when you see an opportunity that will help you reach your unique goals, embrace the challenge. Above all, commit to keeping your life mission foremost in your mind because it will help you identify your aspirations and serve as a roadmap as you navigate the maze.

JoAnna Carey, "The Rat Race Relaxer," is available for radio, TV and print interviews. She's an energetic, young entrepreneur who merges her life experience and business success to perform enjoyable, influential presentations. She is the producer and host of her own weekly television program and the author of *Rat Race Relaxer: Your Potential & The Maze of Life*. Contact Carey'D Away Enterprises, LLC at <http://www.RatRaceRelaxer.com>.

Writing Your Personal Vision/Mission Statement

By Cecile Peterkin

I recently spent some time revising my personal vision/mission statement for my coaching practice. While doing this, it occurred to me that the vision I have for my work is closely related to my personal vision. Having a job that reflects my personal vision is powerful because it has allowed me to create a business life for myself that truly reflects who I am.

Companies know all about vision and mission statements and getting their employees on board. Vision and mission statements propel the company in the direction that they want, and ultimately towards success. Many of us have spent countless hours working on these statements for our employers, and doing our part to contribute to their vision as a part of the team. Much like a business, we, as human beings have a purpose or mission in life.

What if we spent as much time getting to know who we are and what we want for ourselves? A personal vision/mission statement is the framework for creating a powerful life. Unlike a goal, a vision or mission rarely changes. It is a reason for our existence. It guides us in the decisions we make and the directions we take.

Your Personal Vision

Close your eyes and picture yourself in the future. It may be a few months or years from today. See the person you are; what you are doing, who you are with, what you have accomplished, what is important to you, and how people relate to you. How does it feel to be you? Feel the person you are, your true

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self. Now, open your eyes and see your life and yourself in the present, through those eyes. You will begin to notice the changes you need to make to honour this vision and lead a powerful life. A Personal Vision is a picture of your True Self in the future. An effective personal vision includes all the important elements of your life and career; it is who you want to be, what you want to do, how you want to feel, what you want to own, and who you want to associate with. Although your personal vision helps you to see into the future, it must be grounded in the present. It is a statement of who you are, and who you are becoming. It is the framework for the process of creating your life. Your vision is where you are headed, how you get there is your mission statement.

Your Personal Mission Statement

A Personal Mission Statement is how you will manifest your Personal Vision in your daily life. It may be a few words or several pages, but it is not a "to do" list. It reflects your uniqueness and must speak to you powerfully about the person you are and the person you are becoming. Remember, it's okay to be where you are, while heading somewhere else. In fact, the only place you can start, is where you are right now. Having a personal vision does not mean your life changes overnight. But it will change. Your personal mission statement provides the steps to get you there.

Your Personal Mission Statement should answer three questions: What is my life about (Purpose)? What do I stand for (Values)? What actions do I take to manifest my Purpose and my Values?

Stephen Covey writes that an empowering Mission Statement: Represents the deepest and best within you. It comes out of a solid connection with your deep inner life. Is the fulfillment of your own unique gifts. It's the expression of your unique capacity to contribute. Addresses and integrates the four fundamental human needs and capacities in the physical, social/emotional, mental and spiritual dimensions. Deals with all the significant roles in your life. It represents a lifetime balance of personal, family, work, community—whatever roles you feel are yours to fill. Is written to inspire you—not to impress anyone else. It communicates to you and inspires you on the most essential level.

"Creating a Personal Mission Statement will be, without question, one of the most powerful and significant things you will ever do to take leadership of your life. In it you will identify the most important roles, relationships, and things in your life – who you want to be, what you want to do, to whom and what you want of give your life, the principles you want to anchor your life to, the legacy you want to leave. All the goals and decisions you will make in the future will be based upon it. It's like deciding first which wall you want to lean your ladder of life against, and then beginning to climb. It will be a compass – a strong source of guidance amid the stormy seas and pressing, pulling currents of your life." Stephen Covey, author of *The Seven Habits of Highly Effective People*

A Personal Vision/Mission can help propel you into a new job, or make your present job work better for you. The more connected your Personal Vision/Mission is to yourself, the better it can guide your career and your life.

Cecile Peterkin is a trained Career/Life Coach and speaker whose work centers primarily on middle managers and their various challenges. She also works with individuals who are ready to move forward, take action, achieve goals and experience overall life improvement, both in personal and in

career.

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Writing Your Personal Vision/Mission Statement

Living Your Life Mission

How To Create A Mission Statement

My Journey

A Little Bit of Something

How To Improve Blood Circulation

Inside The Minds of Winners

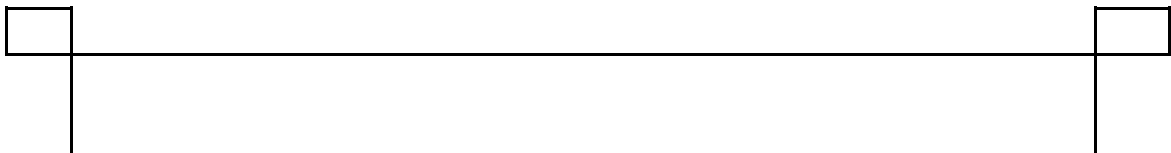
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