

IF NOT NOW, WHEN?

CREATE A LIFE AND CAREER OF PURPOSE WITH A VISION, A MISSION AND GOALS

by Maureen F. Fitzgerald

Preface

This book will help you become successful at work and in life. You will learn how to maximize your potential and take control of your life.

You will develop a clearer sense of your uniqueness and how that translates into your career, business and life. This book will show you how to create a focus and vision for your life. You will learn how to:

- Create your personal vision;
- Identify your particular uniqueness;
- Develop your own mission statement;
- Select goals and strategies for fulfilling your mission; and
- Implement your mission, overcome obstacles and integrate your mission into your life.

You will learn through the stories of those who have created, and are now living, their missions. You will end up with a concrete action plan to bring about your vision and mission.

Creating your vision and mission and integrating them into your life will bring about the following results:

- You will love what you do;
- Your work will seem easy;
- You will be excited and energized by your work;
- You will be able to motivate others to help you;
- You will make the money you think you deserve; and
- You will love your life.

Before beginning this book you will find it useful to take a quick measure of where you are right now. This way you will be able to see your improvements after completing the book and beginning to live a life that is more consistent with your uniqueness. Circle the number that reflects how you feel right now. One rates low and five rates high.

1. Are you happy and healthy?

I am healthy	1	2	3	4	5
I have sufficient energy to do what I want	1	2	3	4	5
I laugh often	1	2	3	4	5
I feel at peace	1	2	3	4	5
I am generally content	1	2	3	4	5

2. Do you have good relations?

I have supportive relationships	1	2	3	4	5
I like the people I work with	1	2	3	4	5
I am excited about going to work	1	2	3	4	5
I feel I am adding value and my work is worthwhile	1	2	3	4	5
I feel my work is compatible with my values and beliefs	1	2	3	4	5

3. Do you have sufficient resources?

I have enough money to meet my needs	1	2	3	4	5
I am living my dreams	1	2	3	4	5
I feel free to make choices	1	2	3	4	5
I have time to spend on myself	1	2	3	4	5
I am continually growing and learning	1	2	3	4	5

4. Do you have a sense of meaning?

I feel I am making a difference	1	2	3	4	5
I am proud to tell others where I work	1	2	3	4	5
I feel good when my work is complete	1	2	3	4	5
I feel I am contributing in a meaningful way	1	2	3	4	5
I am fairly confident and assertive	1	2	3	4	5

There are no right answers. At a very personal level you know those areas of your life that need to be improved.

This book is about taking action rather than simply adopting a philosophy or learning some tips about how to be better. Follow the step-by-step process in the following chapters and it will change your life.