

Contents

Find your life's purpose 11

1. Your personal mission statement: the most important thing you'll ever write 13

What is a personal mission statement? 13

Why we spend 90 % of our lives off course 16

Is your ladder leaning against the right wall? 17

2. Begin with the end in mind 19

All things are created twice 21

Where will your life's journey take you? 23

Why the second habit is so important 24

Are you living life, or is it living you? 26

Congratulations! 27

3. Your Life Center 31

What will you decide? 34

What is your life center? 36

Is your life a rollercoaster? 37

4. Principles make the difference 39

Identify your life principles 41

Which principles are most important to you? 42

5. Your roles and goals 43

Main role or supporting role? 44

Your 7 main roles 46

What are your long-term goals? 47

6. What do you want from life?	49
What is your life's purpose?	50
Go your own way!	51
Discover your personal life mission	52
Your 7 life goals	58
7. The moment of truth	59
The decision is yours!	62
Reactive or proactive?	65
What does your language say about you?	66
Words matter	67
8. Rewrite the script of your life	69
Your secret life	70
The turn of the tide	71
Everything is connected to everything else	77
Bringing your three lives into harmony	81
Dreams are expressly permitted!	82
9. Your best life	83
A story of encouragement	85
What would you do if ...	87
Overcoming self-imposed limits	88
A journey to your childhood	91
Seek support from those who know you best	92
10. Use your imagination!	93
The art of visualization	94
Are you ready?	96
Momentum for your mission statement	99
Who benefits from your mission statement?	101
What's stopping you?	102
What's the problem?	105

11. What makes a great mission statement?	111
Live. Love. Learn. Carry out your life's work	113
Creating balance in your mission statement (and in your life)	116
A checklist for your mission statement	118
12. What should a mission statement look like?	119
Write (by hand) and shine!	121
Let your imagination run wild	122
Real-life mission statements: examples to inspire you	123
13. 7 steps to creating your personal mission statement	135
Step 1: Gather ideas	136
Step 2: Develop a structure	138
Step 3: Create a first draft	139
Step 4: Critique your first draft	143
Step 5: Compose your mission statement – the 'first final' draft	144
Step 6: Seek feedback	146
Step 7: Perfect your final draft	148
14. Putting your mission statement into action	151
Keep your mission statement (literally) in your sights	152
Momentum for your mission statement	153
Find your life motto	154
Stay on course!	156
Take heart: embarking on your journey	157
 About Stephen R. Covey	 158