

PERSONAL VISION

INTRODUCTION:

The purpose of this unit is to facilitate the creation of a Command Tour Charter that aligns with the most significant goals of the CMC and the spouse. The development of a *lifelong* personal vision statement is suggested for the spouse. The four human needs/capacities should be considered: Social/Emotional, Mental, Physical and Spiritual. A time management matrix will also be presented as a tool to assist students in prioritizing their time.

GOAL:

The goal of this module is for you to:

- understand the concept of vision
- discover the importance of vision
- learn a time-management model
- write and communicate a personal vision statement

READINGS:

- Stephen R. Covey, The 7 Habits of Highly Effective People, Habits 1-3, & 7

ADDITIONAL RESOURCES:

- Rokeach Value Survey
- www.franklincovey.com "Mission Statement Builder"
- Stephen R. Covey, 1994 First Things First

***"Your vision will become clear only when you can look into your own heart.
Who looks outside, dreams, who looks inside awakes."***

Carl Jung

TOPIC OUTLINE

1. Introduction
2. Video – "Bronwyn Fillion"
3. Creating Your Personal Vision
 - sharpening the saw
 - physical [exercise, nutrition, stress management]
 - social/emotional [service, empathy, synergy, intrinsic security]
 - spiritual [meditation, clarification, study, commitment]
 - mental [reading, visualizing, planning, writing]
 - values as a starting point
 - begin with the end in mind
4. Personal Foundation
 - what are your 6 words?
 - what is your legacy?
5. Assignment
 - write and communicate a personal vision statement

Personal Vision Assignment

Develop a personal vision statement. It should address those issues and concerns of most importance to you personally. Your statement should address all areas of your life. What do you want *to be* as an individual in two years, twenty years, in your lifetime? How would you like to have those you care about and respect see you?

Recognize that this assignment is not something that can usually be done quickly, but requires introspection and personal evaluation. Developing a personal vision statement will encourage you to come to terms with those things that you personally value or recognize as areas where you might need to change.

This statement is for your personal use only and will not be shared with the class. You will be asked to privately discuss it with an instructor or a mentor.

As an aid in thinking about this assignment, try to distinguish between those things that you will *do* as opposed to those things that you will *be*. You may desire to prepare a nutritious meal; spend a minimum of 30 minutes a day one-on-one with each of your children— but these are all things that you will *do*. What is it that you expect to happen if you do these things? What will your health or your family relationships be like? This is really your *vision* of the future and forms your personal philosophy of how you will live your life day to day.

Once completed, share your vision statement with your spouse. Together discuss your personal life and command life priorities and how they will be reflected in your Command Tour Charter.

A well-developed personal vision statement will bring priorities into focus and provide a foundation for the Command Tour Charter.

Personal Vision... Some questions to think about

1. What do I want to be as a human being?
2. What things are most important to me?
3. What are my greatest strengths?
4. What qualities would I like to develop?
5. What do I want to accomplish in the next two, next five, next twenty years.....
in my lifetime?
6. What contributions do I want to make?
7. How can I best contribute to the world?
8. How do I want to be remembered?