

# Crystallize Personal Self-Concept

## Personal Blueprint

Define who you are! Become the author of your own life novel. It's about your dreams.

Become consciously aware of your dreams, goals, values and life priorities. No one knows what you want in life better than you. Let no one else define you.

The most relaxed and creative approach is like that of a writer creating a novel, where any part of the story may be developed at any given time. It is not necessary to complete a section so you can move on to the next step. Every component in the process is revealing. The more components in your story you develop, the more self-aware you become.

The principles and the steps of the personal empowerment process combine to form an easy-to-use life management system to continuously improve the quality of your life.

### A Personal Life Mission

Write a paragraph clearly explaining the meaning and purpose you would like your life to be about, something that is worth dedicating yourself to and fighting for.

### Personal Life Focus Areas

Identify the "spokes" of your life, the areas that make up your life wheel. Each of these components is referred to as your "focus area." Some examples are family, finances, career, health and fitness, home, recreational, mental, educational, and spiritual. A focus area can be anything in life that is important enough to isolate, evaluate, design, and prioritize.

### A Mission Statement for Each Area of Your Life

Describe your overall mission for this area of your life. How would you identify your best intentions and purpose for this area, and how does it contribute to the standards you wish to live by?

### A List of Dreams

Create a wish-and-want list of all the desires in your heart, mind, and soul. Do not be judgmental of yourself and your dreams. Do not worry about whether your ideas are affordable, practical or appropriate to other people's opinions. Only when we have the courage to creatively identify our wildest hopes and aspirations will it be possible to pull together the goals that will bring the greatest enthusiasm in their pursuit and personal satisfaction in their attainment.

## Personal Values

Examine the values that you will choose to evaluate the standards for your decisions and behaviors. Your values are your own, and they are a reflection of what you want your true self to represent.

## Personal Priorities

Prioritize the activities and goals that are most important as they relate to your vision, purpose, and values in this area of your life.

## Short-Range Goals

Make a list of all the goals you would like to achieve in this focus area of your life in the most immediate future such as 30 to 90 days.

## Medium-Range Goals

Then do the same for the not-so-distant future in the area of three months to one year.

## Long-Range Goals

Select what are considered “milestone dates.” Times of your life that are already being defined by transition, such as when your youngest child starts school or when he or she graduates from college. Possibly, a significant birthday is on the horizon. Any meaningful event in your future can be used as a benchmark in your life. Long-range goals could take any amount of time, from one year to the rest of your life.

## Achievements and Blessings

In each area of your life take inventory of all the blessings and achievements. The awareness of blessings brings the *attitude of gratitude*, and the *awareness of achievements builds confidence*.