



## Vision and Purpose Ignite Your Future

Vision and purpose are two of the most powerful forces to help you create and ignite your future. They provide you with clarity, focus and motivation to move forward and get the most from life. By having a vision of your future and a purpose to strive for, it is possible to maximize your potential and create a meaningful, fulfilling life.

**Vision** is the “big picture” — it’s the long-term goal for which you’re striving ... the destination you’re aiming to reach

**Purpose** is the core of why you’re doing what you’re doing — it is what drives and motivates you to keep going

Do you have a vision for your health, family, finances, career or community? Now is a great time to develop (or reevaluate) your vision of optimal health and wellness, financial fitness, and successful careers.

### Your Health and Wellness Vision

Wellness is “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Taking the time to craft your health and wellness vision is invaluable. Here are a few steps to help you get started:

- ✓ **Set aside some time** purely dedicated to thinking about your overall well-being, and make sure to have something to jot down your thoughts (a physical notebook, your phone or your computer)
- ✓ **Ask yourself** what your ideal self looks and feels like, and what you would be doing in your perfect state of health
- ✓ **Consider the reasons** why this vision is important to you and why you want to make the changes, as well as the benefits you will reap from reaching your goals



Using all the powerful resources available to you will move your vision from the pages in a notebook to the reality you desire to achieve. Take advantage of the momentum you’ve created and consider making appointments with your primary care provider to discuss your health goals. Become acquainted with the [Well onTarget](#) and [Magellan EAP](#) program for health and wellness tools and resources.

### Your Vision of Financial Success

What is your vision of financial success? Everyone’s vision is as unique as a fingerprint. Is it being completely debt-free? Contributing more to your retirement account? Do you desire to travel more, but finances are too tight? A vision of financial fitness helps you set your financial goals and reminds you why you’re looking to accomplish them. It describes what you want to attain financially and how you’re going to produce your desired results. In considering your vision for your finances, think about the following:

- **What do you hope** to achieve in your life, and how does money play a role in getting you there
- **How do you view money** and its function in your daily life
- **What does a financially** secure future look like to you
- **Is being debt-free** vital to you
- **What are your most** important saving goals today



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After you've developed your personal financial vision, consider consulting with a financial counselor/advisor or your personal banking institution. Turn your vision into goals and an actionable plan. Even if you take small steps toward realizing your vision, your progress will motivate you to a successful financial future.

## A Vision for Your Career

The vision of your career is about crafting a mental image of the future you. It describes you at the peak of where you envision yourself in your career. What does that vision look like? Here are a few tips to help you get started. With pen and notebook in hand, do the following:

- ✓ **Brainstorm ideas** for how you'd like your career to appear (don't hold back) — with purpose and persistence, you can accomplish anything
- ✓ **Analyze your skills**, interests and values
- ✓ **Identify your strengths** and areas of potential growth



## Setting short- and long-term goals like these will push you to see your vision become reality:

- ✓ **Learn** a new skill
- ✓ **Take advantage** of training and educational opportunities
- ✓ **Stay current** and up to date on the latest trends in your desired field
- ✓ **Research** networking opportunities, mentors and industry organizations
- ✓ **Track your progress** toward achieving your career vision

Vision is more than just possessing a snapshot of your desired future — it is about creating the future you want to live and giving yourself the tools and motivation to make it happen. Utilize every resource at your disposal to ignite your vision, and you're on the right track to experience a rich and meaningful life.

