

Healthy People Review

Sally Crosiar Reviews Helpful Books, June-July, 2005

I thought for a long time about what book to feature this month - before I realized that I really ought to tell you about my own latest book! Duh!

Duh because I didn't think about it right away, and double duh because I really believe that the work in this book is the core of being well and happy. So why wouldn't I think about sharing it? Well, it looks like I've still got work to do on myself, huh? No surprise there!

My latest book is called ***On Purpose: Tools for Living Your Mission***. And this time, I've made it available in two formats. You can buy a black and white paper copy - which is darned pricey. Or you can buy it on a compact disk which has all the book's chapters, worksheets, and cover in color - for a lot less money! If it were me, I'd buy the cd and either read it on my computer (I find long flights especially useful for this kind of reading) or print it out myself. Then I could print extra copies of the worksheets so I could be as messy as I wanted without messing up a book.

You see, this is a *workbook*! In fact, ***On Purpose*** began life as one of my more popular workshops that I call "Live, Learn, Laugh, Love, and Leave a Legacy." In these workshops, people frequently asked if I had extra handouts that they might take to do the activities with their spouses, kids, or co-workers. So I began ***On Purpose*** with the idea of providing those extra handouts.

One hundred fifty-eight pages later, it became a full-fledged book. Actually the first sixty pages are tools that I typically share in the workshop - which is all about finding and clarifying your life purpose. But then I kept inventing - and adapting - other tools because I needed help *living* my purpose on a daily basis.

Indeed, like all my other books so far, this one came out of my life - and the learning I've done from masters like Stephen Covey, Sid Simon,

Barbara Sher, Jack Canfield, Tony Robbins, Nancy Margulies, and all the important people in my own life. This book came out of my desire to make my life count - and the tools I've discovered that seem to help.

And since it took me a while to even consider highlighting the book here - and my life purpose is to "influence healthy choices" - my work is clearly not complete. But then, as Richard Bach says, "Here is a test to find whether your mission on earth is finished: if you are alive, it isn't."



The June-July Book

On Purpose: Tools for Living Your Mission

by Sally Crosiar

Do you wear a lot of hats in your life? I do. And sometimes, I find it challenging to juggle all I am expected to do with all I want to do. Do you have that challenge too? And in the midst of all that doing, I've not always been clear about what I'm *meant* to do - and be - with my life.

I've long believed - and certainly everything I read confirms the belief - that a vital sense of purpose is the heart of personal well-being. But figuring out my own sense of purpose wasn't always terribly clear.

Stephen Covey's work helped me sort that out - and I've included tools of his - that I've adapted - to help you too. And the good news is that it's all based on the hats you wear.

Start by identifying all those hats - personal and professional, and then by listing all the important people - the people you touch and who touch you - for each of those hats. Well that alone is useful - just to see your life in its whole. But the next tool will blow your mind.





Imagine a great gala held to honor your 90th birthday party. And all the important people in your life show up - just to tell you what a profound difference you made in their lives. Of course, it's way more fun to imagine what you hope they'll say and not what you're afraid they might say. But both of those imaginings are very useful when you're identifying your life purpose.

Let me give you an example from my life. (*On Purpose* is riddled with examples from my life!) I want my important people to say, "You look marvelous!" when they see me at my 90th birthday bash. And I want them not to add "for your age"! In fact, I want to inspire my important people so they also live feisty, zestful lives. The same theme showed up for several other hats I wear too. Since I believe I can influence more when I demonstrate my own self-control, my purpose - "to influence healthy choices" - came into focus for me. So if I want to be an inspiration at 90, I'd better choose healthy now!

This one tool helps clarify purpose - and gives direction on how to live that purpose. And *On Purpose* has six more chapters full of blow-your-mind-tools after that!

Just One Idea

I'm hoping I gave you more than one idea already. But here's another one that I have found ever so useful. Remember all those hats you wear? Wouldn't it be great to find a way to juggle all those hats so you really could keep yourself in balance? So you'd have time to exercise and feel joy, and still get the laundry done?

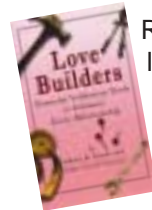
What helps me a lot is to plan my week with all the hats I wear absolutely present in my mind. I actually have hat icons printed into my planner and consciously plan what I'll do for each hat in a given week. It's my to do list - organized by the hats I wear.

Creating my to do list this way helps me see - right in front of my eyes - when I might have one hat overloaded or when I might be neglecting another. It helps me stay in balance. It helps me schedule my life - *On Purpose* - instead of letting my life schedule me. This one idea helps me get a lot more of what I want in life! I bet it could help you too!

To Help You Live *On Purpose* ...

Here's my latest, hot off the press in May, 2005 in two formats.

Paper \$18.84
CD, just \$9.35



Real appreciation enriches an *On Purpose* life! Get *Love Builders* - \$14.95 through www.valuesrealization.org. Proceeds help support the Values Realization Institute which creates, empowers, and supports a growing community of people who live and teach their values.

And of course don't forget my other books! Order by emailing sally@healthypeoplelearn.com.

My Uncle Dave \$9.35.
Find the Love of Your Life!
.\$15.95

Buy these and *On Purpose* and save on shipping - \$4.00.



New York residents pay 7% sales tax.

A Healthy Person Gets Around!

July 31-Aug 6, I work with Executive Edge and Ernst and Young's International Intern Leadership Conference! This is such an exciting program - with such good people! I look forward to it every year! And I get to sandwich in some family time too! How does it get better than that?

August 18-19, I help train host agencies to conduct the School-Age Care Credential Preparation Courses that do so much to improve quality of children's experiences in before- and after-school programs.

August 26-28, I host the Values Realization Institute Board as we meet to plan our 2006 VRI Conference in Canandaigua, NY. We already have fabulous speakers lined up, and special fun things planned. Save the date - May 5-7, 2006!

September 21, I speak with the Oregon State Extension Faculty about two of my favorite topics - Taking Care of Ourselves and Finding Purpose - and get to share some of the tools in *On Purpose!*

In October, I'll speak at Michigan State Grange's annual convention, and in November, I'll speak at the National Grange Convention in Columbus, Ohio!

