

Life Directions

Mission Possible

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Your mission is....

- Comes from within you - Your Heart
- Leave the world better than you found it
- The reason you were born.

Your Mission...

- Gives your life meaning.
- It what makes you feel fulfilled; joyful

- At the end of your life, you will wonder three things:
- Did I Live?
- Did I Love?
- Did I make a difference?

Most religious or spiritual philosophies attempt to answer two things:

- Why are we here?
- Why does suffering exist?
- Your mission is to make sense of your suffering.

- Make sense of your suffering.
- Your “Mess”

Your message...

- Your mess is where you will find your message.
- Your mission will provide inspiration to take action.
- You will attract those who most need to hear your message.

Discovery

- Process for you to discover you mission.
- You may need to go through this exercise more than once.

1st step:

- What do you love about life?
- What are your core values? What do you stand for in the world?
- What talents were you given at birth?

Discovery process...

- Imagine you are 90 years old. You've lived a full life. Your family is around you. What would you tell them was most meaningful to you in your life?

Discovery process...

- What are you willing to die for (other than your children)
- Sum up with 1-2 words
- Ask yourself- am I willing to die for this?

Discovery process...

- If you could talk to a specific group of people to “shake” them up and “wake” them up, who would you talk to and what would you want them to know?

Discovery process...

- How do you believe you could help others overcome similar issues?

Discovery process...

- If you found out you only had one week to live, what would you regret not fully doing, being or having in your lifetime?

Discovery process...

- If you could start your life over with a totally clean slate with no residue from the past, what would you do differently?
- Who would you be?

3 elements of a mission statement:

- What you want to DO
- Who you want to HELP
- What you want to help Them Do.

Helpful tips...

- Your mission is Not your job or your business.
- (That can be the vehicle to take you where you want to go)
- Your mission is Not your role (Mother)
- If it has no passion, it's not your mission.

Helpful tips:

- Your mission can not have a foundation based on money. Money can be a result of your mission.
- It doesn't have to alter the universe, but it does need to stretch you out of your comfort zone.

Helpful tips:

- Your mission is based in action and Always about serving others,
- Your mission may never be completely fulfilled in your lifetime.
- Your mission is 10% discovery and 90% decision.

“You don’t have to be great to get started but
you do have to get started to be great”

–unknown

"MISSION"

ACTION WORDS

In terms of your mission, designate 3 - 5 words that most resonate, inspire and excite you.

accomplish	confirm	express	master	resonate
acquire	connect	extend	measure	respect
act	construct	facilitate	mediate	restore-
add	contact	finance	model	return
administrate	continue	forgive	mold	revise
adopt	co-ordinate	foster	motivate	safeguard
advance	counsel	further	move	satisfy
advise	create -	gather	negotiate	save
affect	decide	generate	nurture	sell
affirm	defend	give	open	serve
alleviate	delight	grant	organize	share
amplify	deliver	guide	participate	shelter
analyze	demonstrate	heal	pass	speak
appreciate	devise	help	perform	spread
ascend	direct	hold	persuade	stand
assist	discover	host	play	support
associate	discuss	identify	practice	surrender
believe	distribute	illuminate	praise	sustain
bestow	draft	implement	prepare	take
brighten	dream	improve	present	tap
build	drive	improvise	produce	teach
call	educate	inform	progress	team
cause	elect	inspire -	promise	touch
change	embrace	integrate	promote	trade
choose	empower	involve	provide	translate
claim	encourage	join	pursue	travel
coach	engage	keep	realize	understand
collect	engineer	know	reclaim	use
combine	enhance	launch	reduce	utilize
command	enlighten	lead	refine	validate
communicate	enlist	learn	reflect	value
compel	enliven	light	reform	volunteer
compete	entertain	live	relate	work
complete	enthuse	love	relax	write
compliment	evaluate	make	release	yield
compose	excite	manage	remember	
conceive	explore	manifest	renew	

#1 What Do You Want to Do?

Circle 10 verbs from the list below that excite you. Then narrow those down to 2 verbs.

Accomplish	Distribute	Launch	Release
Acquire	Draft	Lead	Rely
Adopt	Dream	Light	Remember
Advance	Drive	Live	Renew
Affect	Educate	Love	Resonate
Affirm	Elect	Make	Respect
Alleviate	Embrace	Manifest	Restore
Amplify	Encourage	Master	Return
Appreciate	Endow	Mature	Revise
Ascend	Engage	Measure	Sacrifice
Associate	Engineer	Mediate	Safeguard
Believe	Enhance	Model	Satisfy
Bestow	Enlist	Mold	Save
Brighten	Enliven	Motivate	Sell
Build	Entertain	Move	Serve
Call	Enthuse	Negotiate	Share
Cause	Evaluate	Nurture	Speak
Choose	Excite	Open	Stand
Claim	Explore	Organize	Summon
Collect	Express	Participate	Support
Combine	Extend	Pass	Surrender
Command	Facilitate	Perform	Sustain
Communicate	Finance	Persuade	Take
Compel	Forgive	Play	Tap
Compete	Foster	Possess	Team
Complete	Franchise	Practice	Touch
Compliment	Further	Praise	Trade
Compose	Gather	Prepare	Translate
Conceive	Generate	Present	Travel
Confirm	Give	Produce	Understand
Connect	Grant	Progress	Use
Consider	Heal	Promise	Utilize
Construct	Hold	Promote	Validate
Contact	Host	Provide	Value
Continue	Identify	Pursue	Venture
Counsel	Illuminate	Realize	Verbalize
Create	Implement	Receive	Volunteer
Decide	Improve	Reclaim	Work
Defend	Improvise	Reduce	Worship
Deliver	Inspire	Refine	Write
Demonstrate	Integrate	Reflect	Yield
Devise	Involve	Reform	
Direct	Keep	Regard	
Discover	Know	Relate	
Discuss	Labor	Relax	

#2 Who are you here to help?

Below is a list of groups or causes. Select one that MOST appeals to you. If one appeals to you that isn't on the list, simply write it down.

Environment	Churches	Books
Family issues	Synagogues	Music
Education	Spirituality	Movies
Media	The ill & displaced	Design
Health Care	Human Development	Sports
Elderly	Infants	Food industry
Children	Child Protection	Computer technology
The poor	Child Care	Administration
The homeless	Justice	Management
Women's issues	Home Health Care	Construction
Immigration	Water rights	Travel
Energy	Tourism	Finance
Agriculture	Defense	Real estate
The justice system	Space Exploration	Printing & publishing
Parks & recreation	Animal rights	Religion
Veterans	Animal care	Community Development
Substance abusers	Animal protection	Reproductive issues
Nutrition	Labor relations	Research
Law	Literacy	Biotech
Politics	Border issues	Roads & bridges
Government	Civil rights issues	Gardening
Youth	Sexuality issues	Broadcasting
Business Owners	Fashion	News
Non-profit agencies	Art	Journalism
Hunger	Poverty	The performing arts

Now put it all together.

My mission is to: (your 2 verbs from #1)

_____, and _____

To, for, or with (the group or cause which most excites you from #2)

So that they can (what do you want to help them to do)

Now combine the above statements into one sentence. Compose the sentence in a way that best reflects your primary purpose or mission in life:

(Remember, your mission statement is a living, dynamic thing. You should revisit it often and be sure it reflects your true purpose and moves you when you read it.)

BONUS:

- Write your own eulogy.