

How To Create My Purpose Mission Statement!

Creating your mission statement will help you to uncover your purpose in life. Why am I here and what will I do? So, you'll have to dig deep here and feel. Feel, what happens inside yourself, connect and listen to your feelings while doing these exercises so you can get the most out of the process. You may feel refreshed and better for doing so. (Well, that's how I felt after completing the steps and the experience is different for everyone.) All I can tell you is that everyone left the workshop feeling great and wearing great big smiles. Not exactly how they walked in. LOL

If you have someone to do this with great and if not, no worries you can do every step on your own. Either way you can obtain value out of the process.

The only prep I can say about this process is to let it happen. Allow yourself to relax, release your mind of any judgment or attachment and be totally present with yourself and the exercise. This is a place for you to be spontaneous with your answers and to stay in a flow.

Before you get started I recommend you print the two other PDF files for your convenience and have a couple of clean sheet of paper.

- 1. Primary Core Values**
- 2. Example of Core Values**

Remember: When working on these qualities you are working a process not a goal. This is about you and how to open up to your own greatness and possibilities in life. What is my purpose?

Ok. Let's get started.

1. On a clean sheet of paper write down 5 people you admire.
These could be anyone: fictional or real.

Examples:

Cartoon characters
People in history
Parent
Animal
Your Gardener
TV character or personality

Write who comes to mind first because more than likely they are people you have resonated with in your core values. You don't have to like the person we are talking about admiring their individual traits that you have admired.

Leave room to write after each name.

2. Beside each name write three (3) things you admire about that person.
These are Core Values.
Use one word descriptions: friendly, caring, courageous, wisdom etc.
3. Circle the 3 most common Core Values you used throughout the list.
Ex: if you used powerful by 3 of the names more than any other word than powerful would be a common trait you admire in others and yourself.
4. Take the 3 core values and write them down on a sheet of paper.
Look at the list:
If you are doing this exercise with a friend introduce yourself with a hand shack and your three core values.

EX: Hi, I'm powerful, friendly and caring. Do this at least 7 times.

If you are by yourself than look in a mirror (seriously it works) and introduce you to the person in the mirror, yes out loud.

(Using a mirror is a great way to change old unwanted perceptions to who you really are. I highly recommend spending some time in the mirror and getting to know you. You just might surprise yourself and see how wonderful and beautiful you truly are.)

5. Use the Primary Core Values sheet and make a list of your core values in the first column. Your first three will be the ones you identified in step four.

Use the list of Core Value if you need some help. There are thousands of core values this sheet just has a few to help you get started. There are no wrong answers because the answers are you and there is only one outrageously fantastic unique you in the world.

6. Now you are going to go down the list starting with number one and two and decide quickly which one is more important to you. You decide and take the more important core value and compare it to number three on the list and so on. Your deepest core value may be the eighth one on the list or it may be the first one on the list.

Example of how this works:

- 1. Integrity**
- 2. Persistence**
- 3. Love**
- 4. Truth**
- 5. Friendship**

Compare Integrity with persistence and you pick Integrity now Compare integrity with love and you still pick integrity.

Compare integrity with truth and you pick truth.

Compare truth with friendship and you pick truth.

Continue until you processed to number eleven.

The core value that is the strongest value to you overrides all the others. Place this core value on number one in the middle column on the Core Values sheet.

Place a line through that core value in the first column. Ten core values are left in column one to process in the same way.

Continue the process until you have placed all of the eleven core values in the middle column and have crossed each one off of column one. Why eleven – I don't know but it works.

7. Now you are going to see if this is real. Do you express or do these core values at least three times a day. Take a good look at each core value listed in the middle column and determine how many times each value is apparent in your life daily.

EX: friendly – I smile, I help strangers, and I call friends. 3 times

Next to each core value write down the number of times during the day that you demonstrate that particular core value. Some of these values could be demonstrated in the littlest of things that you do everyday that you don't think about yet you are doing them. Reflect and be honest with yourself. This part may take a little bit of reflection and thought. Remember this is you so dig in and get real with you, only you know.

Some values may be expressed many times each day and others just a few times each day or may be not even each day. This is where you will start noticing and uncovering what you are and are not doing in your current life that is ever so slightly yet possible holding you back from attracting what it is that you desire. Notice the weak areas and work on them. Or it just means that it really isn't you and your values are different than what you were thinking. For me, some values are stronger now, some I work on to improve myself and some just aren't my core values. This is a good exercise to revisit every now and then. We are forever changing creatures and that's a great thing.

Life has a way of getting in the way if you let it. Don't let it! Be You.

8. List your core values (highest to the lowest number) according to the number value you gave it by how many times a day you demonstrate that particular value. (There is no right or wrong.)

9. Time to write my Personal Mission Statement. My Purpose in life.

Using the third list to create a statement that matches your core values. More than likely you will use one or two of the top values on your list. Many did. In my case I came up with a statement that encompassed my core values.

Your statement will start like this:

My name is _____ my purpose is to _____

The idea is to make it short sweet and if it resonates with you, you will feel it and know it. You'll remember the statement without having to think about it. In my case the final statement came to me while I was driving home from the workshop and I haven't forgotten it because it's me and I feel it. FEEL IT!