



3. I am skilled at doing: (learned)

4. Others would say I am good at or and expert in:

5. The natural talents I have that I may or may not be using are:

**6.** If I had to teach something, I could teach:

**7.** Someone could call me to get my assistance or opinion on:

**8.** My unique abilities or my niche is:

## **PERSONAL INTERESTS**

1. My favorite things to do in the past (before I got too busy or caught up with "life") were:

2. My favorite things to do now are:

3. My hobbies and what I would like to do in my free time is:

**4.** My favorite topics of conversation are:

**5.** The types of books I read or would read are:

**6.** If I were to purchase 3 magazines, they would be:

7. If I had to teach something, I would want to teach:

### **JOY AND MEANING**

1. These activities make my heart sing, give me a true feeling of joy whenever I am engaged in them, and raise my spirit:

2. With these activities I loose track of time:

**3. My favorite things to do as a child were:**

**4. The movies that inspire or move me are:**

**5. What makes me feel great about myself is:**

**6.** What really excites me is:

**7.** What gives me a sense of satisfaction and fulfillment is:

**8.** What I find meaningful in my life is:



**PAST CAREERS / WORK**

(Include people, places, tasks, topics, finances, etc.)

1. The parts of my past work that have been the most enjoyable are:

2. The parts of my past work that have been the most meaningful are:

## **REGRETS**

1. What would you regret not fully doing, being or having in your life:

2. Why do you believe those wishes never came true for you? What held you back?

## **EULOGY PROCESS**

Write your own eulogy.

## **PRESSING "RESTART" ON YOUR LIFE**

If I could start fresh, with no past and a totally clean slate, and live my life over, this time I would...

## **THE BOTTOM LINE** (Optional)

What will it take for you to finally feel truly happy, truly successful, and that you lived fully in this lifetime?

## DISCOVERING YOUR MISSION

### **INSPIRATIONS**

1. Who inspires you? (Give names) i.e., musicians, authors, poets, artists, political leaders, social leaders, business leaders, family members, friends, etc. Why?

2. If you could have written any book, which would you have loved to write? Why?

## **VALUES**

What are your 5 highest values? Prioritize in order of what's important to you.

security	time freedom	financial freedom
success	love	challenge
adventure	passion	intimacy
comfort	productivity	environment
beauty	giving / service	friends
family	primary relationship	respect
integrity	achievement	being the best
intelligence	health	fitness
honesty	joy	play
inner peace	courage	empowerment
learning	spirituality	independence
creativity	personal growth	leadership
others:		

## **LIFE CHALLENGES AND ISSUES**

1. What are some of the life challenges, hardships, issues, obstacles and pain you have faced?

2. Which of these were you able to overcome?

3. How did you overcome it?

4. How do you believe you could help others overcome similar issues?

**PASSION: FOR AND AGAINST**

1. What excites you about the world or about people?

2. What cause or aspect in people do you strongly believe in?

3. What would you stand up and fight for?



4. What angers you about people or what's going on with the planet?

5. What would you stand up and fight against?

6. If you could talk to any group of people and shake them up and wake them up, who would you talk to and what would your message be?

## **CONTRIBUTION**

Utilizing your natural talents, passions and beliefs how could you serve and help people, creatures, the environment, or the planet?

## FORMULA FOR CREATING A MISSION STATEMENT

1. A mission statement is based in action. What do I DO.

Choose 1-5 **verbs** from the action word list on the following page that resonate with, inspire or excite you.

2. **Who** or what do I assist:

Examples:

People in general, a specific organization, a specific group of people, babies, children, teens "at risk" youth, families, students, the poor, elderly, disabled, handicapped, athletics, or athletes, artists or the arts, performers, media, business, entrepreneurs, sales people, business leaders, churches, all animals, birds, elephants, dogs, forests, trees, oceans, the planet, etc.

3. What is my goal for the world or who I help? What is the **value, benefit or the end result** I create:

4. Mission: **Combine all 3.**

### EXAMPLE 1:

"My mission is to **educate** and **inspire people** to **live in their higher selves** based on courage, purpose and joy."

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#### **Alternative:**

"I create a more peaceful, joyful world by educating people to live in their higher self."

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### EXAMPLE 2:

"My mission is to inform and shelter women so they can protect themselves from abuse."

## **"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	meditate	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
complete	enthuse	love	relax	write
compliment	evaluate	make	release	yield
compose	excite	manage	remember	
conceive	explore	manifest	renew	

## VISION EXERCISES

1. What were you naturally good at as a child or a teenager?
2. a) What are 5 careers; businesses or ways of living would you like to try?  
  
  
  
  
  
  
  
  
  
b) Why did you choose these? What elements do you like from each?



6. What do you feel the world need that you might be able to make a contribution towards?

7. Is there a person or company whose mission or vision excites you? If so, who is it and what is that mission or vision?

8. a) Whose career do you admire? Who, career wise, do you slightly envy? Who would you like to model?

b) What aspects of who they are, what they do and how they do it resonate with you?

9. a) What part of your current career could be part of your new vision?

b) How does your current work align with your mission?



**SHORT TERM VISION AND  
ACTION PLANNING EXERCISES**

**3 to 5-YEAR VISION**

Write your 3-5 Year Vision. This is the ultimate legacy resulting from your passion. You may want to refer to your Eulogy.

**SHORT TERM VISION AND  
ACTION PLANNING EXERCISES**

**1-YEAR VISION**

Work backwards from your 3-5 year vision, and create a 1-year vision.

**30-DAY VISION AND ACTION PLAN**

Write both your 30-day vision and what actions you will take this month to reach it.

**7-DAY ACTION PLAN**

Write the actions you can take in the next 7 days to reach your 30-day vision.

**1-DAY ACTION PLAN**

Write which of your 7-day actions you can take tomorrow in order to reach your 30-day vision.