

Discover Yourself

If you won a 20-million-dollar lottery, what kind of work would you be doing? This is the work that you truly love.

Defining your mission statement:

What is your burning passion in life? What activities challenge and stimulate you so much that you lose track of time when you are doing them? What kind of work makes you feel really worthwhile, in which you are making a difference and loving every moment? (e.g., Doing volunteer work, making a difference in people's lives, giving motivational talks, or writing inspirational work.)

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Today's Learning / Thoughts

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Maintain Positive Attitudes

We are all unique and gifted. To make the most of this uniqueness and these gifts we have to know what they are.

Defining your mission statement:

*What are your unique strengths?
(e.g., Positive, energetic, inspiring, and determined.)*

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Today's Learning / Thoughts

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Hone Your Life Skills

If we know who we really are, what we want in life, and how we want to lead our lives, we have an excellent chance of realizing our aspirations.

Defining your mission statement:

*What roles do you play in your life?
(e.g., Parent, spouse, child, professional, employer, community member, citizen of life.)*

*What aspects of your roles do you consider most important?
(e.g., Spending quality time with family, professional development at work, doing voluntary work for the community.)*

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Today's Learning / Thoughts

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Build Healthy Relationships

What we expect and believe, we get.

Defining your mission statement:

*What do you expect of yourself in each of these roles?
(e.g., Empowering and inspiring parent, loving spouse,
caring child, go the extra mile in my profession
and business, be an asset to my community,
find my purpose in life.)*

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

Our true principles define who we are beyond our name, culture, and looks. They are the ground on which we stand.

Defining your mission statement:

*What principles guide you in achieving these aspirations?
(e.g., Live with integrity, make a positive difference,
live to my full potential, be respectful of others.)*

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Today's Learning / Thoughts

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Awaken Your Spirituality

The ultimate question that puts all things into perspective is this: If we were at our deathbeds, how would we wish we had spent our lives?

Defining your mission statement:

If you died today, how would you like to be remembered?

*What would you wish your obituary to say?
(e.g., Loving, kind, generous, role model, made a difference.)*

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Today's Learning / Thoughts

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Enjoy the Ride

The mission statement reveals who we want to be and what contributions we want to make to society. It also clarifies the values and principles that must guide our actions if we are to achieve these aspirations. Without engaging in this process of self-discovery, it is possible to go through life not knowing what our true potential is.

Defining your mission statement:

Prepare your draft mission statement.

(See an example of a mission statement in the introduction to this journal.) Enjoy the process of drafting this important statement.

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Today's Learning / Thoughts

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