



## **Creating a 'Purposeful Living' Mission Statement**

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One way of inviting more positive energy and experiences into your life is to create a Purposeful Living mission statement, designed to reflect your authentic self, and to assist with articulating your life's purpose and vision for a vibrant, preferred future.

For some, creating a transpersonal mission statement that goes beyond the personal to encompass a mission of service to others in some way may be most fitting and fulfilling.

'Beginning with the End in Mind' as Stephen Covey would say, start by setting aside some reflective time in a quiet, conducive environment to do some visualization, brainstorming, and free association involving any and all thoughts that come to mind, related to what feeds your passion and purpose in life, capturing your thoughts on paper without judgement or self critique.

***'Imagining what you want as if it already exists  
opens the door to letting it happen.'***

~ Shakti Gawain ~

**Ask yourself guiding questions such as:**

- ◆ What is unique about me? What are my strengths, gifts, personal values etc.?  
Note: Another way to access personal attributes/gifts may be to think of the ways in which you can best serve/support others and your community.
- ◆ What ignites my passion/enthusiasm; what feeds my sense of purpose?
- ◆ What dreams/aspirations do I have; what inspires me?
- ◆ What truly supports/sustains me?

**Please remember it's not selfish to embrace and manifest all you can be, for by doing , you invite others to do the same ~ Give Yourself Permission!**

Recording the intuitive answers that emerge from answering these guiding questions will provide you with the essential foundational ingredients for YOUR purposeful mission statement; one that is not intertwined with someone else's view of who you are or meant to be!

Next, craft a statement that focuses on what you want to manifest/accomplish in your lifetime, by asking the following three questions, and recording your uncensored thoughts/answers as they arise.

1. *Identify an influential person or someone whom you admire.* Think of someone who's had a positive influence on your life. What traits/qualities/values etc. do you admire about this person?
2. *Define who you want to become.* Imagine yourself 5-10 years in the future...you have achieved most or all you have ever wanted to; Describe your successes...what have you achieved/accomplished that brings a smile to your face? How does it feel?
3. Now revisit what is important to you today, in this moment in time...what are the 5-10 things in life you find most rewarding? What feeds your passion and sense of purpose in this present moment in time?

Once you've answered these questions, take a moment to honour what has emerged then review what you've written. Circle key ideas, words, and phrases that capture what's truly important to you, to be incorporated as descriptive wording into your purposeful living mission statement.

Personal mission statements come in all shapes and lengths; some may be articulated in bullet form, some might be one or two paragraphs, while others may be no more than a sentence or two.

Here is one very succinct example of a transpersonal mission statement that goes beyond the personal to encompass a mission of service to others.

***To cultivate a universal responsibility for one another and the planet we share.  
~The Dalai Lama ~***

When it comes to creating your own purposeful mission statement, allow time to write one or more drafts until you capture a purposeful statement that truly reflects who you are and resonates deeply. One reflective technique designed to evaluate your descriptive wording is to ask yourself 'When I read this statement about my purpose, vision, and mission in life, do I have any doubts?' If the answer is 'Yes', this indicates a need to keep refining what's written until you can completely embrace your intention.

Upon successfully capturing your purposeful living mission in the form of a personal statement, Covey suggests periodically reviewing and evaluating your statement by asking the following questions:

- ◆ Does this purposeful living statement represent the best in me?
- ◆ Does this statement provide personal direction, purpose, challenge, and motivation when I read/review it?
- ◆ Is this statement congruent with my personal and professional values?

**~ May your Purposeful Living mission statement embody  
& invite your best self to show up ~ Namaste!!**

*Adapted From: The 7 Habits of Highly Effective People ~ Personal Workbook. Stephen R. Covey*

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### **Jeanie's Mini Bio...**

**As a coach, facilitator & consultant, Jeanie works with diverse client groups who have an interest in cultivating strategic vision, authentic leadership, effective communication, organizational effectiveness, creativity, and wellness in the workplace.**

**She holds a MA in Leadership Studies, is trained as a Certified Professional Coach, and assists personal & organizational clients through her private practice - Full Spectrum Coaching & Consulting Services.**

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