

Lesson Plan Week One

My path

- I started writing. It began by listing all the things that are most important to me.
- I wrote down all the things I wanted to do.
- I wrote my personal mission statement. I decided that whatever venture I commit to must align with my personal mission, my values and my goals.
- For every new opportunity that comes along, I would ask myself how it aligns with my goals. Regardless of how much money I could acquire, if the venture did not align with where I wanted to be, then I would not pursue it.

Big Questions?

What am I chasing after? Why am I chasing it? What is my purpose? Why was I put here?

I want you vividly picture the day of your funeral. What do you want your eulogy to consist of? What would your lifetime achievements be? What would matter the most at the end of your life? Is it what you are doing right NOW?

Here are some of my values and goals: Here is my personal mission statement:

- What matters most is my connection with myself, being present and feeling blissful.
- What I value most is having meaningful relationships with people. Being able to connect with people on deep levels.
- I plan to be financially independent, and have control of my time and location. I plan to work only on projects and causes that I connect with. I plan to acquire my finances without violating my values, goals and personal mission.
- I plan to travel and live in different parts of the world. Experiencing different cultures, documenting them in photographs and sharing them with others.
- Having a family is important to me. I desire a deep, loving relationship with my family.
- To live everyday fully as if it was my last.

Your Personal Mission Statement

“Writing or reviewing a mission statement changes you because it forces you to think through your priorities deeply, carefully, and to align your behavior with your beliefs”

A personal mission consists of 3 parts:

- What do I want to do?
- Who do I want to help?
- What is the result? What value will I create?

Steps to Creating Your Personal Mission Statement:

1. Do the exercise with the 15 questions as quickly as you can.
2. List out actions words you connect with.
 - a. Example: educate, accomplish, empower, encourage, improve, help, give, guide, inspire, integrate, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, write, etc.
3. Based on your answers to the 15 questions. List everything and everyone that you believe you can help.
 - a. Example: People, creatures, organizations, causes, groups, environment, etc.
4. Identify your end goal. How will the 'who' from your above answer benefit from what you 'do'?
5. Combine steps 2-4 into a sentence, or 2-3 sentences.
What is your purpose? What is your mission? What matters to you most? List them out.
6. What are your deepest values?
Select 3 to 6 and prioritize the words in order of importance to you.

Simple Instructions:

- Take out a few sheets of loose paper and a pen.
- Find a place where you will not be interrupted. Turn off your cell phone.
- Write the answers to each question down. Write the first thing that pops into your head.
Write without editing. Use point form. It's important to write out your answers rather than just thinking about them.
- Write quickly. Give yourself less than 60 seconds a question. Preferably less than 30 seconds.
- Be honest. Nobody will read it. It's important to write without editing.
- Enjoy the moment and this process.

15 Questions to Discover Your Life Purpose

The following are a list of questions that can assist you in discovering your purpose. They are meant as a guide to help you get into a frame of mind that will be conducive to defining your personal mission.

15 Questions:

1. What makes you smile?
2. What are your favorite things to do in the past? What about now?
3. What activities make you lose track of time?
4. What makes you feel great about yourself?
5. Who inspires you most? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc.) Which qualities inspire you, in each person?
6. What are you naturally good at? (Skills, abilities, gifts etc.)
7. What do people typically ask you for help in?
8. If you had to teach something, what would you teach?

9. What would you regret not fully doing, being or having in your life?
10. You are now 90 years old, sitting on a rocking chair outside your porch; you can feel the spring breeze gently brushing against your face. You are blissful and happy, and are pleased with the wonderful life you've been blessed with. Looking back at your life and all that you've achieved and acquired, all the relationships you've developed; what matters to you most? List them out.
11. What are your deepest values?
12. What were some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?
13. What causes do you strongly believe in? Connect with?
14. If you could get a message across to a large group of people. Who would those people be? What would your message be?
15. Given your talents, passions and values. How could you use these resources to serve, to help, to contribute?

Client list? Check.

Custom-printed business cards? Finished.

Flashy website? Duh.

Business Plan? Got it...

Personal Mission Statement? Uh...

Maybe you didn't think a mission statement was really that important; perhaps it seemed like something that was outdated (or worse, it was just a "passing trend" that people were using as their Twitter headlines - *wrong!*)

A mission statement is a brief message to clients and future partners that addresses, in short, **why you are doing exactly what you're doing**. It may even be a beneficial message to future employers - even to yourself - should you find yourself wondering why you ever became an entrepreneur in the first place.

Perhaps there are some philosophical elements here, or some deeper spiritual moments that address what you're trying to do with your company. But above all else, your mission statement is going to do the following for you:

- Give insight into the **objectives** for yourself.
- Provide information about what goals you hope to **accomplish** in your life.
- Communicate why those goals **matter** to you.
- **Re-focus** yourself should you ever go astray.

Now that you know [why it's important, here is how to create your personal mission statement](#).

Consider Your Personal Goals

This should be completed in outline form. Shoot for around 5-6 goals that you want to achieve, and don't restrict yourself. This could be everything from wanting to change the way people in your community think about sustainable agriculture, to wanting to run a certain number of races every year. Your goals can stretch from the tangible to the difficult-to-pin-down, and it's okay if they do both.

Because this is an outline, add a few sentences to each of those points which briefly covers *how exactly* you will accomplish this goal. You'll use these in the final stage when you sit down to write.

Outline Your Timeframe

Think about what kind of time you'll be looking at for some of these goals. Are there short as well as long-term goals in your outline? Adding time to this outline will help you structure your mission statement. Short-term goals should be talked about near the beginning, while long-term goals should be spoken about in larger and more general terms.

You may have a long-term goal to change a big issue in your community - even the world! - which might be more of a philosophical element of your mission statement. Look at your long-term goals, and determine if they would work well as "frame" components to your overall mission statement. These are the more "philosophical" or "spiritual" elements of a mission statement talked about above.

Find Your Voice

Write

You *will* eventually have to sit down to write your actual mission statement. Don't be afraid of putting together multiple drafts. Find a few people who have opinions that you trust, and ask them to read what you've written. Be sure that what you're composing is true - true to you and to what you're trying to accomplish. Don't try to build an image out of who you think people *want* you to be.

Writing a mission statement for yourself will be hard, but it will be one of the most important things you do for your personal marketing and your future self, should you ever need a solid reflection on who you are. It will be a worthwhile project, and one you never regret doing.