

# Purpose. Mission. Vision.



## Finish the Purpose Exercise

You'll find it in the exercises from Module 2



## Complete the Rocking Chair Exercise

You'll find it in this module reading links.



## *Build your Life List*

**Use the notes from the Rocking Chair exercise to create your Life List.**

This is the list of elements that make up your ultimate vision for your life.

Eg. Judy's Life List

- A life dedicated to creating and coaching
- Professional independence
- Financial independence
- Healthy vitality well into old age
- Continued joy in my marriage
- Constantly growing and learning
- Freedom to travel
- A home that rises to meet me when I step in the door
- Inspiring and supportive friends



## *Testing the Vision and Life List*

**What do you love about your vision?**

Why is it ideal for you?

**What does your vision tell you about yourself?**

**Does your vision scare you?**

A little? A lot? Too much?

**How well does your vision meet your needs?**

Certainty? Variety? Significance? Love & connection? Growth? Contribution?

**Does your vision align with your core values?**

**Is your vision a reflection of the fulfillment of your life's purpose?**

## *Mission - How you'll get from purpose to vision*

**Refer to your newly created Life List. What are the things you'll have to do to ensure your vision comes to life? These things are your mission.**

**Eg. Judy's Mission**

- Inspire 1,000's of people to transform their lives via coaching, publishing and speaking.
- Eat well and move lots.
- Create and nurture amazing relationships.
- Continue creative writing.

### **Things to consider:**

- Career/job
- Volunteer work
- Creative work
- Your health
- Your relationships
- Your spiritual development
- Your joy and spark

**Note: Only include things that are completely within your control. You'll notice I included "Continue creative writing", not "Sell 5 million books, have Reese Witherspoon and Oprah Winfrey star in movie version."**

# *Testing the Mission*

**What is exciting about your mission?**

**Do you feel you're up for the challenge?**

**Is your mission feasible?**

Do you have any personal issues that would make pursuing your mission infeasible? Eg. Pilots need 20/20 vision.

**Does your mission require you acquire new skills/education, time or money?**

How will you pursue the education? Find the time? Raise the money?

**How well does your mission meet your needs?**

Certainty? Variety? Significance? Love & connection?  
Growth? Contribution?

**Does your mission align with your core values?**

**Is your mission a reflection of the fulfillment of your life's purpose?**

*Are you getting stuck?*

**Is perfectionism boxing you in?**

**How can you let go and have fun with this exercise?**





*Reflect. Tweak. Reflect some more.*

**Your purpose, mission and vision make up a living document.**

**Use them to direct and guide your life.  
Use your life to direct and evolve them.**

