

## **Week 4**

# **The heart of your mission**

Occasionally we all need a little inspiration. When we've worked a long hard day and still have jobs to get done. When we're feeling down in the dumps and need to get ourselves going. When we know we ought to do something, but just can't motivate ourselves to do it. Wouldn't it be useful to have a short phrase which whenever you said it to yourself gave you the inspiration you needed; that reminds you of what's truly important to you; that you can use from moment to moment to guide your decisions so they are consistent with your purpose and personal desires? Well that's what we're going to be working on in this chapter. It's what I call your mission core.

### **Mission core**

A mission core is a one line mission overview, which aims to summarise your Key Values, your Life Direction and your Personal Principles in one short phrase which will act as a source of inspiration and motivation in times of difficulty or indecision. It can be whatever you like as long as it captures the true you.

Your aim is to find a statement which will be a guide to you in every moment of your future. Our full mission can often be too long to refer to on a regular basis each day. The mission core acts as a reminder of what life is about for you. It is short and simple, yet it captures the true you. It will immediately re-connect you to who you are and what your life is about so that you can use it on a moment by moment basis to connect to your mission.

Let's look at some example mission cores:

“To live every day as if it is my last - loving life and appreciating every moment.”

“Contributing to the happiness of others.”

“To be successful financially, in love, and in my sporting career.”

“Going for gold!”

“To cuddle everyone I meet!”

As you can see from the last example, it can be an expression which might mean little to someone else but a lot to you. To this person this expressed their desire to embrace the world in all its glory whatever life threw at them.

My mission core is “Easy does it!”. Sounds like I’m a bit of a dosser doesn’t it! It works perfectly, though, for me. It reminds me to appreciate and enjoy each moment and not to let the stresses and strains of life get in the way of fully enjoying life each and every day. It’s not the meaning many people might associate with ‘easy’ but it’s what works for me and that’s what is important.

It’s now time to complete the last section of your mission statement and create your mission core.

### **Exercise 6.1**

1. Review your Key Values statement, Life Direction, and Personal Principles. Allow yourself to feel what these mean to you. Take 3 minutes to imagine your life as it will be when you are truly living your mission.
2. What one line can summarise this vision of who you are and the way you want to live life?
3. This is your mission core. Add it to your mission statement on page ?? to complete it.

Don’t worry about getting this statement ‘right’ first time. Do the best you can and return to it at a later date when you feel you would like to update or improve it.

### **Bringing it all together**

You should now have a complete statement of your mission. You should have a mission core, Key Values statement, life direction, and a set of personal principles. Lets take the last step to ensure your mission is truly complete and right for you which is to view it as a whole and change anything which it not right, or which could be improved or added to.

### **Exercise 6.2**

1. Read your mission slowly from start to finish. As you do, allow yourself to connect with it. Trust your intuition as to what feels right and what doesn’t,

- whether the picture you've painted is truly you, and whether it rings true in your heart.
2. Amend anything you want to be different, or phase differently. If you are not sure yet how you want to change it but know it is not quite right, that's fine. Just leave it for the time being, let your unconscious work on it for a while and return to it at a later date, when you will most likely find you know what to change.

### **Mission Evolution**

Your mission is not static. You will change with time, and so will your mission. Please do take time to amend it or improve it as you feel the need. It is ***your statement to guide your life*** so please treat it as such - own it, and be proud of it.

As well as any ad-hoc changes you may make, we should also review our missions in detail at least once each year to ensure that we always keep them up to date for any changing circumstances in our lives. This is something we will look at in more detail in Chapter 13.

### **Moving towards your mission**

As you've worked on your mission over the last three weeks, you will have travelled a difficult but heart-warming and productive journey. To reach into yourself and be honest about what's truly important to you and decide how you are going to live your life is one of the hardest things you can do. It means being totally honest with yourself, and touching a part of you where you've probably rarely dared to go. You might have completed your mission and feel truly connected to it. You might perhaps feel like you are still on the road to finding your true mission, and need to do a little more travelling before you reach the your journey's end. If so, that's fine. You've taken the biggest step forward, which is to start the journey. Take your time, and find a statement which works for you.

Whatever your position, now you've spent all this time and effort, wouldn't it be shame if it turned out to be a waste? What point would there be in that? Is your mission going to be a statement to be filed in your drawer, thrown in the bin and put to the back of your mind, or are you going to take the real challenge that beholds you in life - to make your mission part of your everyday life. This is where your effort now needs to be. Taking some of the key steps to achieving this is the subject of next week's session - Mission-Based Living.