



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 42 Action Guide: Life Mission

List 10-12 examples of moments you were living your life “on purpose”. List the examples very quickly without stopping to analyze why you are choosing them. Make sure the examples span the decades you have lived while choosing the majority from the past 5-10 years.

*you may refer to Week 40 Action Guide for examples

For each of the 10-12 experiences you listed, write a few phrases about each one. Write down what you did, how you felt and the qualities of this experience that gave you the sense of being "on purpose". Then, write what the overall impact was on those around you.



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Once you've written your examples, underline the key words and phrases from each experience. Put all the underlined words on a separate page. Examine them and find the commonalities and themes among them. These are the words and phrases you will use to build your Life Mission statement.

Draft a brief 1-2 sentence statement using the key words of your Life Mission. Every person has a unique purpose, so no one else's statement can fit yours. Here are a few examples of a Life Mission statement:

"My mission is to create a world of love and empowerment, by loving and empowering myself and others."

"My mission is to embody resilience, inspiring courage to move through the things we fear the most to the life we were created to live."

Don't expect yourself to get it just right immediately. Let your draft incubate for several days. Getting it 85% right is enough for now. Read it to others and get feedback. You can also read it aloud a number of times, very slowly. As you do, listen for the particular words that resonate with you.

Write your Life Mission statement here: "My mission is to ...