

Lesson 3 - Recap

Get Clear with Your Life Mission

Keep these thoughts in mind as you consider making some major changes:

- Even more important than determining what you want to do with your life are the relationships you build, the commitments you make, and the values you live by— these are the things that define the type of person you are.
- If you know the type of person you want to be, it won't matter what type of job you have. Rather than worry about what you're going to do now, your focus should be this: What is my life mission? When you can answer that question, it will be easier to see the steps necessary to get there.
- The questions in the exercise section below will help you determine what your passions are and what strengths you possess to help you find your purpose and mission in life. These will be some of the most important exercises you'll do in this book, so be sure to spend some time on them.

Exercises

1. Using 'Finding Life's Mission' as a guide, complete the formula of *passions + strengths + service to others = life mission* by listing three strengths of yours. (Examples: strong leadership skills, able to organize and coordinate many details, active in a large community, or great interpersonal skills.)

- 1. _____
- 2. _____
- 3. _____

2. List three passions of yours. (Examples: to help others do things they never thought they could do, speaking and teaching, or participating in outdoor activities and exercise.)

- 1. _____
- 2. _____
- 3. _____

3. List three ways to serve others. (Examples: mentoring, teaching, making connections, or sharing information.)

- 1. _____
- 2. _____
- 3. _____

4. Construct a life mission statement that combines your skills and passions with the goals you want to achieve. (Example: I want to use my leadership skills and connections [strengths] to help others become the best version of themselves [passion] by teaching and mentoring in the areas of leadership, business, and career development [service to others].) **There may not be a clear connection between your passions, your skills, and the service you can do for others, but often the connections forged in those unlikely places are the most rewarding and beneficial.**

5. Do you have clarity on what your life mission is? How has your life mission changed over time?

6. What are some of the best life experiences you've had? How did they help define or change your goals?

What can you do to combine your strengths, your passions, and your service to others to find your purpose and mission in life? Where do your strengths, passions, and service overlap?

Finding Life's Mission

