



Personal Mission & Vision

Personal Mission

In week 1 you'll be working on your personal mission and vision. Your personal mission has everything to do with what you want to be in terms of character, how you want to show up in the world and what you want to experience in life. And also what you want to contribute.

Once formulated from the inside out, it is the basis for making decisions. It makes decision making a great deal easier.

The first step to writing your personal mission statement is to find your highest values. These are the words that give you the most energy, that bring you to life.

Here's the 3 ways you can access and discover your values:

1. What do you love to do? What activities bring you joy and happiness? For each activity, ask:
What's important to you about that?
2. Getting a different perspective.
 - Guided visualization "What will others say?" (listen to the guided visualization in the membership area for week 1)
 - Who inspires you? What is it about that person that inspires you?
3. Vision/Audio boarding -- what are you naturally drawn to? Access your dreamer "what if?" state. What would your ideal life look and sound like in pictures and words? What do you see, hear and feel in



your ideal life?

Once done, look at the images and words and wonder: “What’s important to me about that? And what’s important about that? And what’s important to me *about that?*”

Ranking Your Personal Values

Once you have a list of values that are important to you, you’ll need to rank them for your personal mission statement.

1. Make a list of your top 10 values
2. Starting with the top 2, which one is more important?
3. Give the one that’s most important 1 point.
4. Take the most important value and compare it to the next value on the list: which one is more important? If it’s the “next value”, it will get all the points of that other value +1
5. Continue down the list with the most important value and compare.
6. Once you’ve got through the list the first time, you have your highest value. Then you start at the top again and go through the same process.



7 Rules to Wording Your Mission Statement.

- * Start with “I”, followed with your full name
- * Keep it short and powerful -- 5 sentences maximum
- * Formulate it in such a way that it is memorable (and you can memorize it)
- * Don't use vague words (such as happiness) or words of doubt (try/hope/want)
- * Don't make it conditional (dependent on others or things) --> Within personal control
- * A good mission statement has a balance between self, other, and environment
- * Make it timeless (gives direction now and in the future)

My Personal Mission Statement

I, Femke Stuut, create and experience passion and joy in all the things I do. I enjoy the love and intimacy in my connections with friends, family and my relationship. And I feel energized through my own personal growth and that of others.

Personal Vision

Based on your personal mission and the values that make up your mission statement, write your personal vision for 1 year from now. It can be as long as you'd like, as detailed as you'd like. You write it in the first person, as if that day is happening today.

A year from now, you wake up in the morning. How do you feel as you wake up? What is your inner stance? What will your day look like, what are you experiencing?