



LIVING 'MISSION'

Come present and attune internally.

Open yourself to receive the blessings of this practice.

1. Pick the 3 most meaningful, purposeful and exciting verbs to you (see attached page)*.
 2. Pick the most meaningful, purposeful and exciting cause to you (see attached page)*.
 3. Pick the group you most want to positively impact (see attached page)*.
 4. Fill in the blanks in the attached page for a draft of your Mission
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“A personal mission becomes the DNA for every decision we make.” Stephen Covey

“Without a mission statement, you may get to the top of the ladder and realize it was leaning against the wrong building.” Dave Ramsey



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1. Pick the 3 most meaningful, purposeful and exciting verbs to you*

Accomplish	Demonstrate	Identify	Progress	Support
Acquire	Devise	Illuminate	Promise	Surrender
Adopt	Direct	Implement	Promote	Sustain
Advance	Discover	Improve	Provide	Take
Affect	Discuss	Improvise	Pursue	Tap
Affirm	Distribute	Inspire	Realize	Team
Alleviate	Draft	Integrate	Receive	Touch
Amplify	Dream	Involve	Reclaim	Trade
Appreciate	Drive	Keep	Reduce	Translate
Ascend	Educate	Know	Refine	Travel
Associate	Elect	Labor	Reflect	Understand
Believe	Embrace	Launch	Reform	Use
Bestow	Encourage	Lead	Regard	Utilize
Brighten	Endow	Light	Relate	Validate
Build	Engage	Live	Relax	Value
Call	Engineer	Love	Release	Venture
Cause	Enhance	Make	Rely	Verbalize
Choose	Enlighten	Manifest	Remember	Volunteer
Claim	Enlist	Master	Renew	Work
Collect	Enliven	Mature	Resonate	Worship
Combine	Entertain	Measure	Respect	Write
Communicate	Enthuse	Mediate	Restore	Yield
Compel	Evaluate	Model	Return	
Compete	Excite	Mold	Revise	
Complete	Explore	Motivate	Sacrifice	
Compliment	Express	Move	Safeguard	
Compose	Extend	Negotiate	Satisfy	
Conceive	Facilitate	Nurture	Save	
Confirm	Finance	Open	Sell	
Connect	Forgive	Organize	Serve	
Consider	Foster	Participate	Share	
Construct	Franchise	Pass	Speak	
Contact	Further	Perform	Stand	
Continue	Gather	Persuade	Summon	
Counsel	Generate	Play		
Create	Give	Possess		
Decide	Grant	Practice		
Defend	Heal	Praise		
Delight	Hold	Prepare		
Deliver	Host	Present		
		Produce		

* Jones, L. B., 1996, The Path. Creating Your Mission Statement For Work and For Life, New York, Hyperion



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2. Pick the most meaningful, purposeful and exciting cause to you

- Joy
- Happiness
- Humor
- Service
- Justice
- Creativity
- Freedom
- Equality
- Faith
- Excellence
- Environment
- Immigration
- Education
- Media
- Health Care
- Energy
- Agriculture
- Parks
- Entertainment
- Computer Technology
- Human Development
- Child Protection
- Child Care
- Water Rights
- Travel & tourism
- Defense
- Space Exploration
- Animal Rights
- Animal care
- Labor relations
- Literacy
- Border Issues
- Civil Rights Issues
- Sexuality Issues
- Fashion
- Books
- Music
- Movies
- Design
- Sports
- Food
- Marketing
- Nutrition
- Law
- Politic
- Spirituality
- Public Safety
- Administration
- Management
- Leadership
- Construction
- Finance
- Real Estate
- Printing & Publishing
- Religion
- Community Development
- Reproductive Issues
- Research
- Biotech
- Gardening
- Broadcasting news
- Journalism
- The Performing Arts



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3. Pick the group you most want to positively impact

Environment

Family

Elderly

Children

Infants

Unborn children

The poor

The homeless

The hungry

Veterans

Substance Abusers

The ill

The disabled

Animals

Immigrants

Gays & Lesbians

Corporations

Inmates

Minorities

Women

Artists

Etc...



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4. Fill out the blanks with your chosen words

_____, _____, _____,
(your 3 verbs)

(your cause)

to, for or with _____
(your group)