

## Wellness from Within - July 2006

### Mission Possible - By Jennifer Powers

Mis-sion, (mīsh'ən) *n.* : **An inner calling to pursue an activity or perform a service.**

How many of us actually have a mission? We all do! The challenge is identifying what that mission looks like. Not an easy task. But taking time to define your inner calling can have an enormous impact on the way you visualize your future and make decisions regarding it. To get a better understanding of your purpose or calling in life it is important that you carefully consider where you've been, where you are and where you are going. Put your pencil to paper and brainstorm using the following prompts:

- List five *past* achievements you are most proud of. Looking back on where you have been will have a great influence on where you are going. Think about how you felt when you reached each accomplishment and consider those that were true turning points for you.
- Compile a list of attributes or values that *presently* identify who you are and what your priorities are. Make the list as long as you want. When finished, choose five of the values that you consider the most important.
- List three goals you are very serious about reaching in the near or distant *future*.

Missions are forward thinking so this will be key in helping you get clarity around where you are headed. They can be personal or professional goals but they must be ones you feel passionate about.

Using the information from each of these prompts you can create at least three affirmations that, collectively, will make up your "mission statement".

For example, if one of your past accomplishments was earning a higher degree, you might write: *I value education and pursue it as a means of being the best I can be.*

An example of honoring your top attributes might look like this: *I believe in staying positive and up-tempo.*

And looking to the future and staying on track towards your goals:

*I work tirelessly to help individuals reach their true potential.*

Continue writing until your mission statement is complete, at which point it will act as a compass that will show you the way at any crossroads.

Refer to it when you are faced with a difficult decision and you will never wonder whether or not you did the right thing. If you stay true to your mission you are *always* doing the right thing!

**Quotable quote:** "Your actions are your only possessions" – Lao Tse