



Let Your Vision Be Your Guide: Set the Course For *A Life U Love!*

Simone Peer, MA, PC
Certified Life Coach

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Purpose:

This interactive workshop will guide you to set a course for a life u love. You will identify your life's vision, mission, and purpose, as defined by your passions and values. You will explore the roles of integrity, needs, wants & Essence, as they relate to clarifying what really matters most in your life and learn highly effective, goal-setting techniques to create strategies that will help you realize your goals and actualize your vision. You will finish this workshop with a personal mission and vision statement, an evolving life-plan, and many effective, practical ways to support you on your journey.

Course Outline:

Day One:

I. Introductions

What do you want to get from our time together?

II. What is VPM

Define: Vision, Purpose, Mission

Find Your Essence

III. Passion/Values

Identify what matters most to you

Needs vs Wants

Integrity & Essence

How to choose

IV. Mission/Purpose

Designing a mission statement

Day Two:

V. Vision (will start on day one with exploration fieldwork in prep for day two)

Creating a vision statement

VI. Goals/Plan

Understanding Goals

Approaches to goal-setting

VII. Supporting Your Plan

Where is your vision? Where are you now?

Engaging others in your plan: Getting Support

VIII. Questions, Comments, Conclusions, Clarifications

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What is (My) Vision? Mission? Purpose?

Vision:
(The What/View)

What you see as possible for others, the world.

"My vision is a "Fun & Easy" world where people are able to spend their lives fully knowing and expressing their magnificence.

Mission:
(The How)

What you are here to do.

Your specific actions, tasks, or goals to realize your vision and purpose.

What you are going to do to make the vision happen.

"My mission is to inspire and cultivate freedom with grace and ease in people who want to lead a life they love."

Purpose:
(The Why)

Why you are here.

What you are here to be.

How you are going to be in order to further that possibility.

"My purpose is to be a demonstration of Living Magnificence in order to effect the maximum evolution of ALL Beings, everywhere, all-ways."

Let's Get Started... Find your Essence ...

I am _____!

I am important because the world needs what I bring: _____

Name your Passion(s) ...

1. What most excites you in or about the world? _____

What most angers you in or about the world? _____

If you could teach three things to others about what excites, what three things would you teach? What is most important for the world to know about this?

1. _____

2. _____

3. _____

If you could convey to others three things about what angers you in the world, what would you convey? What is most important for the world to know about this?

1. _____

2. _____

3. _____

How can you use what most excites you to affect or change what most angers you? List at least ten ways.

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

Crafting a Personal Mission Statement

Every mission requires action, and action words are verbs. Below is a list of verbs. Pick out three words from each column, which most excite you. Then from that list select the ultimate three. This is the first piece of the mission puzzle.

Action Words That Will Shape Your Future

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

Puzzle piece #1

Write down your three most meaningful, purposeful, and exciting verbs.

_____, _____, and _____

Puzzle piece #2

What do you stand for? What principle, cause, value, or purpose would you be willing to defend to the death or devote your life to? For example, some people's key phrase or value might be "joy" or "faith" or "service" or "justice" or "family" or "creativity" or "freedom" or equality" or "excellence." In other words, what is your ESSENCE? Write the word or phrase down here.

Every mission statement implies that someone will be helped. A nation will be freed, a bird will be returned to the nest again, a child will have a new image of what parental love can be. Who is it that you were sent here to help? The more specific you can be, the more focused and powerful will be your energy.

Get clear on whom you really want to serve, be around, inspire, learn from, and impact in a positive way. Below is a list of groups and or causes. Pick three from the list (or add your own), which most attract you.

Environment	Synagogues	Music	
Family Issues	Spirituality	Movies	
Education	The Ill & Disabled	Design	
Media	Public Safety	Sports	
Health Care	Human	Food	
Elderly	Development	Travel	
Children	Infants	Women's Issues	
The Poor	Child Protection	Gardening	
The Homeless	Child Care	Printing &	
Immigration	Justice	Publishing	
Energy	Home Health Care	Performing Arts	
Agriculture	Water Rights	Administration	
The Justice System	Tourism	Management	
Parks & Recreation	Defense	Labor Relations	
Veterans	Space Exploration	Construction	
Substance Abuse	Computer	Finance	
Nutrition	Technology	Real Estate	
Law	Animal Rights	Religion	
Politics	Animal Care	Community	
Government	Animal Protection	Development	
Youth	Literacy	Reproductive Issues	
Roads & Bridges	Border Issues	Research	
Business	Civil Rights Issues	Biotechnology	
Non-profit Agency	Sexuality Issues	Broadcasting	
Churches	Fashion	News	
	Art	Journalism	
	Books		

Puzzle piece #3

Pick the one group, entity, or cause you would most like to help or impact in a positive way. Write down that cause, entity, or group's name here.

Putting your puzzle together!

This is the formula for your mission statement.

puzzle piece #1 + puzzle piece #2 + to, for or with + puzzle piece #3 = Your life's mission

My mission is to:

_____, _____, ***and*** _____
(your three verbs)

(your Core Essence, Value/s)

to, for, or with

(the Group/Cause that most moves or excites you)

Does this surprise you? Is it similar to what you like to do? If it is different? How? How do you feel when you look at it? Say it out loud? Does it fit you? Is it exciting enough to move others to help you? Do others agree that this suits you? Does it have a "heart?"

Now get a thesaurus and dictionary and write down as many possible words that relate the key words in your mission statement. This will give you an expanded sense of the possibilities. This list may help develop your action plan.

A good mission statement will be inspiring, exciting, clear, and engaging. It will *be specific to you and your particular enthusiasms, gifts, and talents*. If the one you came up with does not meet these criteria, rework it until it does.

Creating a Personal Vision

While a mission statement is centered on the process of what you need to be doing, a vision statement is the end result of what you will have done. It is a picture of how the landscape will look after you have been through it. It is your “ideal.”

Your vision statement is the force that will sustain you when your mission statement seems too heavy to endure, enforce, or engage. All significant changes and inventions begin with a vision first.

It is imperative that we get clear about what we are creating and compare it to what we intend to create. The key elements of a compelling vision statement are these:

- **It is written down.**

Don't trust your memory to help you remember it. Most of us can't even remember where we left sunglasses, much less what the land of *dreams come true* looked like when we were in a state of creativity. Keep it where you can refer to it daily.

- **It is written in the present tense, as if it has already been accomplished and you are grateful.**

The mind only thinks in the *present/now*! It does not know any other tense. The mind duplicates exactly what we say or think. If you say “I will try to do this tomorrow” it will replicate the state of “trying to do something,” which is in actuality, not having done it, and putting it on the self of *tomorrow*—which never comes because it is always *today*..

- **It covers a variety of activities and time frames.**

Be sure you've covered weekend activities as well as weekday tasks. Anything you forget or neglect to color in will remain *uncolored in* and will be filled in with whatever comes your way—good, bad, or indifferent.

- **It is filled with descriptive details that anchor it to reality.**

The mind thinks in pictures. Colors, fragrances, and sounds help it recall. It anchors events or images with multiple details. Give your mind the details it needs to make this vision seem very real. Paint a picture of what your life will look like

Vision Exercise:

Who is living the life you most envy? _____

Describe what you think it is like. _____

Who is doing the kind of work you most wish you could be doing? _____

If you only had six healthy months left to live, what would they look like? ____

What do you want more of: In your relationships? In your work? _____

Describe in detail your ideal work setting. _____

Describe in detail your ideal work day. _____

Describe in detail your ideal co-workers. _____

If money were no object, what would you be doing with your life? _____

What would you do if you were ten times bolder? In your:

Primary love relationships? _____

Work setting? _____

Community? _____

Family? _____

Place of learning/worship/development? _____

Imagine that it is Monday morning 9:00 am, three to five years from now.

Where are? _____

What are you doing? _____

Who are you seeing? _____

What are you wearing? _____

It is now noon, the same day.

Who are you seeing? _____

Where are you going for lunch? _____

It is now Saturday, 6:00 pm

Where are you? _____

What are you doing? _____

Who are you seeing? _____

What are you wearing? _____

You are now a very old person walking with a school child who asks you,
"What are you most proud of about your life?" _____

You are about to die. *What did you accomplish before you left?* _____

As a result of your having lived, three things have changed or shifted in the world. *What are they?* _____

Now write out your Vision Statement, incorporating your responses from all of the above questions.

5 Rules of a Big Picture / Vision

- If you know exactly how to get there, it ain't big enough! It won't drive you.
- If you can't imagine yourself doing, being, or having it, it's too big. You won't get there.
- If this picture does not create strong positive emotions and desire within you, it's the wrong picture. You will never achieve it because you don't really want it.
- If you clearly imagine it with strong positive emotions, doing, being, or having this Big Picture / Vision, You Will Achieve It!
- The more frequently you imagine it, the sooner it will manifest.

If your vision statement above does not follow the 5 rules, **Rewrite it now and make it REAL FOR YOU!**

Goals & Action Plans

Types of Goals

Internal—Changing on the inside; being different or better; growing up, attitude changes.

Raising Standards, Clarifying Values, Living Truth, Happiness, Fulfillment

External—Goals that everyone can also get, competitive; other than internal.

New car, better job, more business, savings, clothes, house

Skills—Goals that help you do something better.

Communication, relating, managing, decision-making, problem-solving

Short-range – 1 month or less

Intermediate – 1 month to 1 year

Long-range – 1 year or more

Goals That Require Too Much Effort

- Shoulds—External prompt; they take effort to accomplish ==> expensive
- Have tos—Childish; grow up and/or choose
- Consequence Avoiders—Childish
- Fantasies—Get Real
- Too Big—Big is fun if you can enjoy the process vs. fail trying
- Ego—Set to puff up identity; fun, but wasteful
- If..., then—OK, but wasteful; set “then” as the only goal

Goal Setting

SMART(Y) Goals

- Specific—Goal has to be specific or tangible specific steps
- Measurable—Measurable terms to monitor progress & direction
- Achievable—Must be achievable in willingness to work/change
- Realistic/Resources—Is it realistic in the skill/capacity/time frame/people
- Time Bound—A set time/ date for completion; gives a sense of urgency
- (Yours)—Your goals! Only you can motivate you!

INW Model

- Integrity-based: Goal is set because one needs to restore integrity, balance, honesty, order
- Needs-based: Goal is set because one cannot operate fully without need being met.
- Wants-based: Goal is set in order to express what’s most important (a person’s values).

Thought + Feeling = Demontstration

Get quiet, listen to your Essence: How does it want to be expressed in the world? What people, places, things and ideas come to mind in order to make this happen? Think about the end result; Imagine it's done. What does it feel like? Focus on the feeling and the image of if being done. Let this guide you to intuit and know what needs to be done and DO IT!

Some goals must be:

- BIG to make you stretch and grow.
- Long-range to keep you on track and reduce short-term frustration.
- Small & Daily to keep you disciplined and in touch with the *realities* of life
- Ongoing.

Having a goal is not enough to ensure success. You must know why it's important to you; this is what will inspire and motivate you to make sacrifices, face fears, and stretch yourself into the possibility that your dreams can (and do) come true. You must also be able to feel what it will be like once achieved.

Create a List of 3 – 4 Goals

1. _____
2. _____
3. _____
4. _____

Take each goal and add to it the following:

What – What is it you really want to be, do, have, or achieve? Remember be specific.

Why – If you can't verbalize in one sentence why you want to "be, do, have, or achieve," then it is a dream and not a real goal.

When – When do you want to accomplish your goal? Be realistic, create short term (30-90 days) along with long-term (6 months to 1 – 5 years!)

How – What are the different steps and resources needed to achieve this goal include a completion date for each step.

Schedule your time so that you TAKE TIME to accomplish your goals!!!!

Goal Setting Worksheet (copy as needed)

What (GOAL): _____

Why (IMPORTANCE): _____

When (COMPLETION DATE): _____

How (ACTION STEPS) with a completion date for each step:

Step	Due Date

Where Is Your Vision? Where Are You Now? How Can Others Help?

This is the place to find the gap. Who are you in relation to the person who will create and live your vision?

Solicit the support of your network; tell people who you need to be; ask people to respect your vision/goals/plan/actions; engage them to grow with you.

What else do you need in order to know you will succeed? _____

Resources:

Coach U, Inc—Certified Coach Training Program Materials

Coachville, Inc

Nightingale-Conant *Goals Guide and Coaching Program*

Zig Ziglar *The Performance Planner*

The Path: Creating Your Mission Statement for Work and for Life by Laurie Beth Jones

The Four Agreements by Don Miguel Ruiz

Thomas Leonard—founder of Coach U, ICF, and Coachville