

Your Personal Mission, Vision and Core Values

Personal Mission

What is the purpose of my existence?

What about that purpose am I most passionate about?

Why does my purpose give me a sense of meaning?

What pain would I suffer if I did not pursue my purpose tenaciously?

Personal Vision

In my family, job or community I am currently known for:

In the next 24 months, I will be known for:

By this time next year, my "resume" will be markedly different than it is now in the following ways: _____ and

By this time next year, the skills I will have developed are: _____,
_____ and _____.

Core Values

Our mission statement answers the question of "why?" for our lives, while our vision statement answers the question "what?" Yet, it's unlikely that any resolution will endure unless it is in alignment with our core values. Our core values are the answer to the question of "how?" How do I show up? How do I wish to live? What do I stand for? And what would I never stand for? It's not uncommon for us to set goals that aren't congruent with our values. Often, that's because we don't take the time to clearly identify what our values are. If a dichotomy exists between the resolutions we make and the values we hold, it will perpetuate inner conflict rather than inspiration. Most often, the resolution will not be fulfillment. Even if it is, it will result in disharmony rather than contentment.

Take a look at the following list of values. Which of these do you feel is essential to having a meaningful life? Number each from 1 to 32 in order of most to least important.

- | | |
|----------------------------|--------------------------|
| ___ Power | ___ Spiritual connection |
| ___ Relationships | ___ Growth |
| ___ Love | ___ Excellence |
| ___ Family | ___ Discipline |
| ___ Acceptance | ___ Integrity |
| ___ Creativity | ___ Health |
| ___ Confidence | ___ Recognition |
| ___ Financial independence | ___ Respect |
| ___ Self-Expression | ___ Attractiveness |
| ___ Courage | ___ Resourcefulness |
| ___ Fun | ___ Education |
| ___ Excitement | ___ Adventure |
| ___ Passion | ___ Honesty |
| ___ Making a difference | ___ Freedom |
| ___ Connecting with people | ___ Security |
| ___ Peace of mind | Anything not listed? |
| ___ Wonder and curiosity | _____ |

Next, list the top five values you identified in the order of most to least important.

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

Think of a current goal you have for yourself. Is it aligned with all of the five values you just listed? If not, it will probably not motivate you in the long term nor fulfill you when it's achieved. How can you modify the goal so that it's aligned with what you value most? Or what new goal could you set that is more inclusive of your values?

Now What?

If you've completed all of the sections above then it's time to get excited about what you want to create in your life. This is an opportunity to make the changes you've been dreaming about for such a long time.

For additional support and to chat about your health goals, call Danny Maresca at (919) 561-0767 or email danny@livingwellsense.com.

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