

Creating a Life of Purpose Workbook

Introduction:

In this workbook we seek to gain clarity around what your core values are and how they can be used to develop a mission statement to express how you want to express your values in your life.

Part One: Identify Your Core Values

What are Values

Values are who you are in your own deepest nature, not who you think you should be in order to fit in. They're like a compass that points us to our "true north." We all have values – they are as much a part of us as our blood types or our genetic makeup. They are as unique to us as our individual thumbprints. Our core values determine what's really important and meaningful to us.

When the way you think, speak and behave match your values, life feels very good – you feel whole, content, in your power. But when these don't align with your personal values, then things feel... wrong. Life feels uneasy. You feel out of touch, discontented, restless, unhappy.

Values are the fundamental component of our psychological make-up and our identity. We are defined by what we choose to find important in our lives. Therefore, it is so important to find clarity on what your values are and align your decisions and actions to them.

When we feel out of touch with the deepest and truest part of ourselves, it's all too common to fall into just following societal norms and values (which are often very different from your own) or we submit to doing what our loved ones want us to do (often in an attempt to get them to like/approve of us) instead of what we really want to do.

Our values are constantly reflected in the way we choose to behave. Actions reflect our values because actions don't lie. Life presents an endless series of decisions, large and small, that require you to make difficult choices. While many factors are involved, the critical factor in deciding may be your core values. These values tell you what kind of person you are, or want to be, and provide guidelines, or even imperatives, for your actions. They don't need to become rigid or static. Values may take new forms and change and develop over time.

Finding Your Core Values

1. For several days be mindful of the choices you make and write down what values you can identify as lying behind those actions. Write these values on a big sheet of paper.
2. Think of 3-5 people who you respect and add to your list the values you can identify as guiding their behaviour that you resonate with.
3. From your collection of values – see if you can group your values under similar themes (try to find five central themes).
4. These themes then represent an approximation of your core values that resonate most strongly with you.
5. Now write a little bit about what your core values mean to you. Different words mean different things to different people so it's important to define what this value means to YOU in your life.

Two: Create a Mission Statement

Creating Your Mission Statement:

Your mission statement aims to express a big picture goal for yourself that is aligned to a higher ideal that can be used to connect with others and add value to their lives. The aim here is be able to utilise your values to provide a service that uplifts others and allows you to move with them in community to achieve an aspirational goal.

1. Answer the following questions.

Question	Response
What are your most notable past achievements?	
How do you want to be remembered?	
What values do you want to cultivate?	
What can I do that adds value to my life and value to the lives of others?	
What are my talents?	

2. Bring these ideas together to form a mission statement that describes

- What actions do you wish to focus upon to achieve what goal.
- How will you uplift others through this action.
- What common goal can you serve.
- How are your actions aligned to your values.

Example: I aspire to extend my thinking to acquire useful insights and build connection with others – so that we can achieve our creative potential and create resilient and healthy outcomes in our lives.

3. Have a go at writing your own mission statement below: write a succinct mission

A large, empty rectangular box with a thin black border, intended for the user to write their own mission statement. The box is positioned centrally below the instruction text.