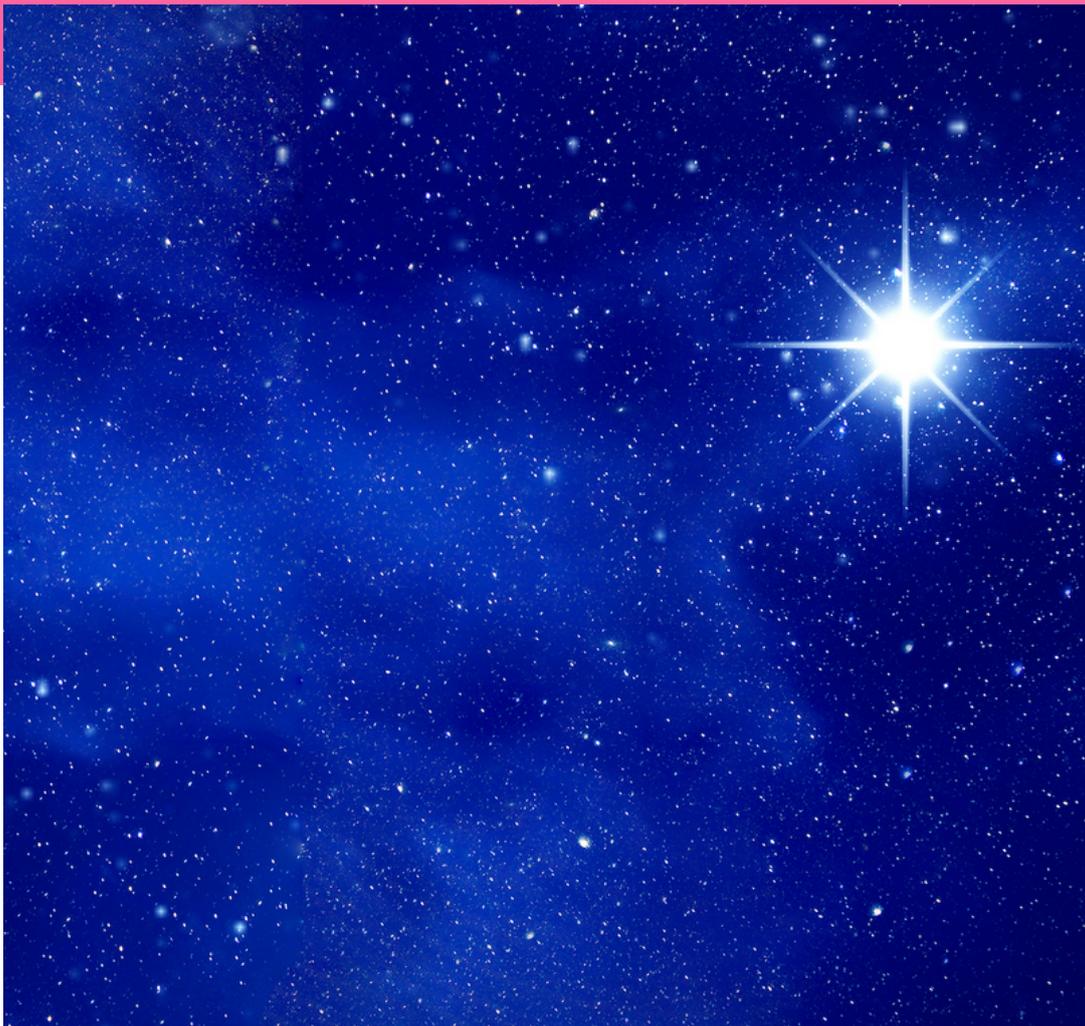




SESSION 3

YOUR WHY & YOUR PERSONAL MISSION STATEMENT



PINK COAT, MD

Your WHY

Your Why is your purpose, why you exist, it is your North Star. Everything begins with your Why.

Life Purpose Visualization

We just had the chance to do a Life Purpose Visualization together.

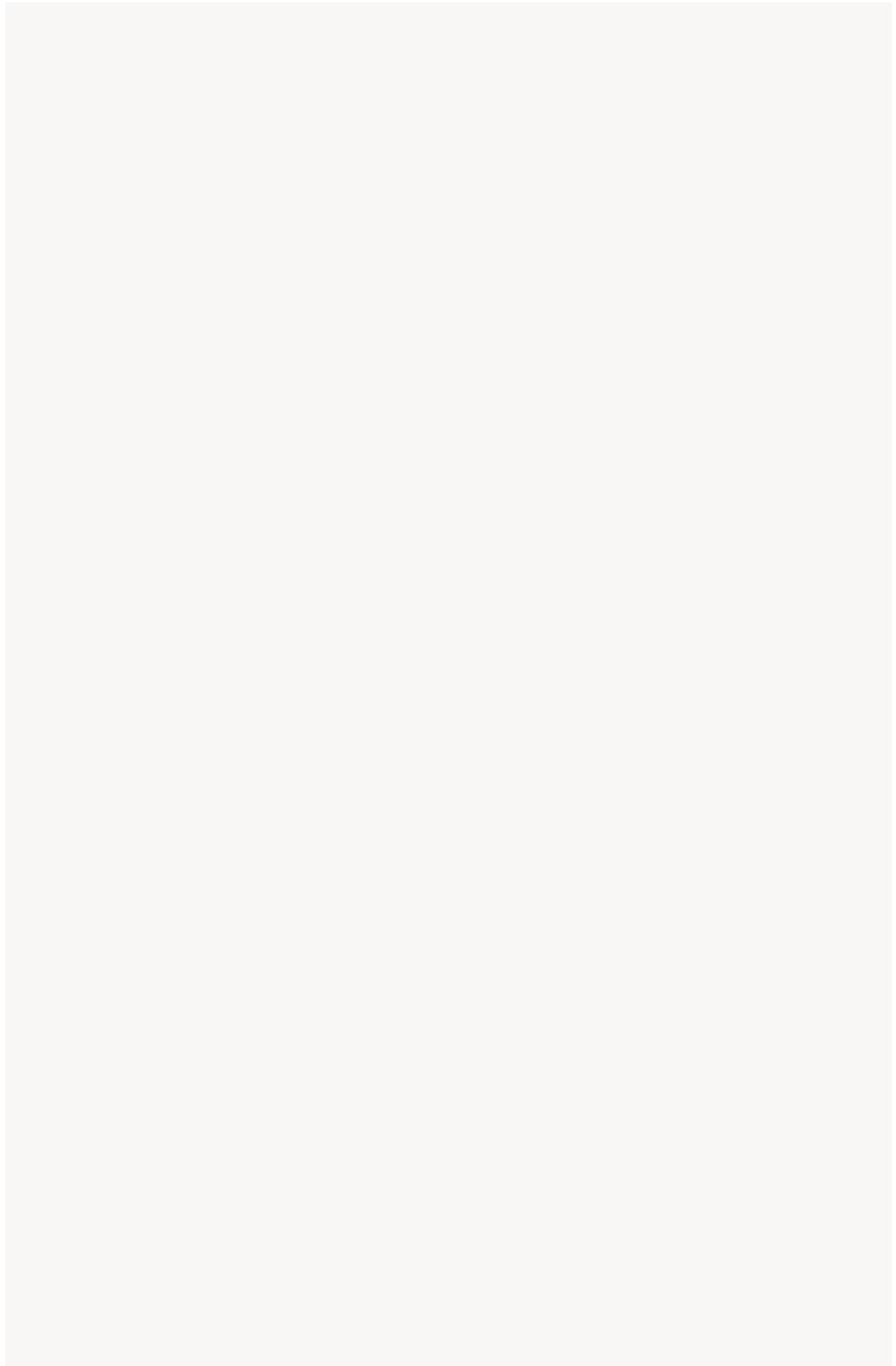
What are people thanking you for?

Your WHY

What impacts have you had?

Your WHY

What are the common themes or threads you are hearing?



Your Personal Mission Statement

Your Personal Mission Statement -- or Life Purpose Statement -- is a statement of your Why, who you are, and what you stand for. It is the tangible embodiment of your Core Values, and of the personal impact you have in your life.

Your Personal Mission Statement

There are many different versions of Personal Mission Statements. Here is one that we love, adapted from the Co-Active Training Institute:

**I am _____
(metaphor/who I am being)**

**that _____
(impact/what I am
contributing)**

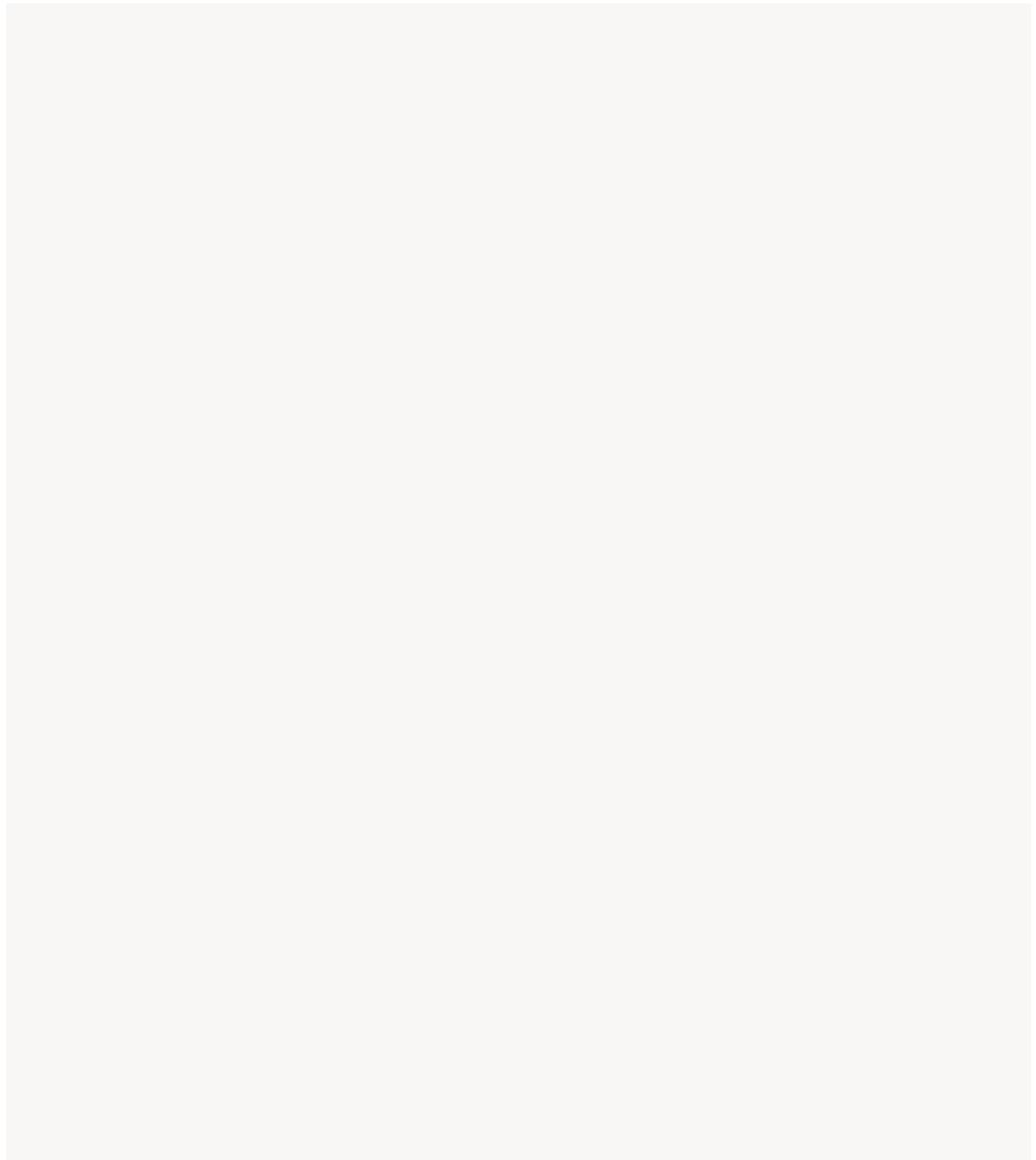
YOUR PERSONAL MISSION STATEMENT

Your Personal Mission Statement

Your Metaphor

Let's begin with your Metaphor- who you are being.

What structure, image, feeling, color, object, animal, living being -- what most inspires you and makes you feel ***most alive and like you?***

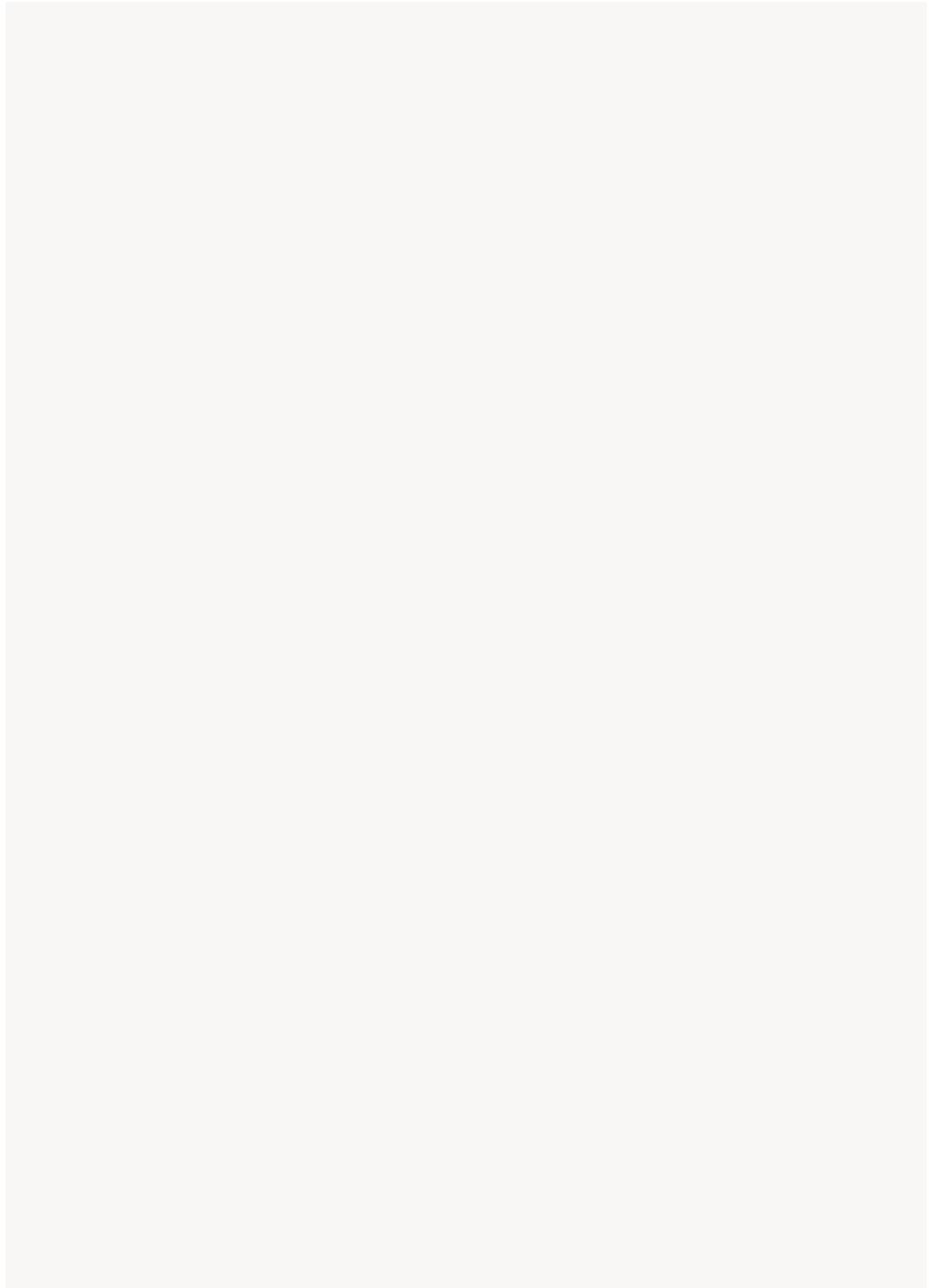


YOUR PERSONAL MISSION STATEMENT

Your Personal Mission Statement

Your Metaphor

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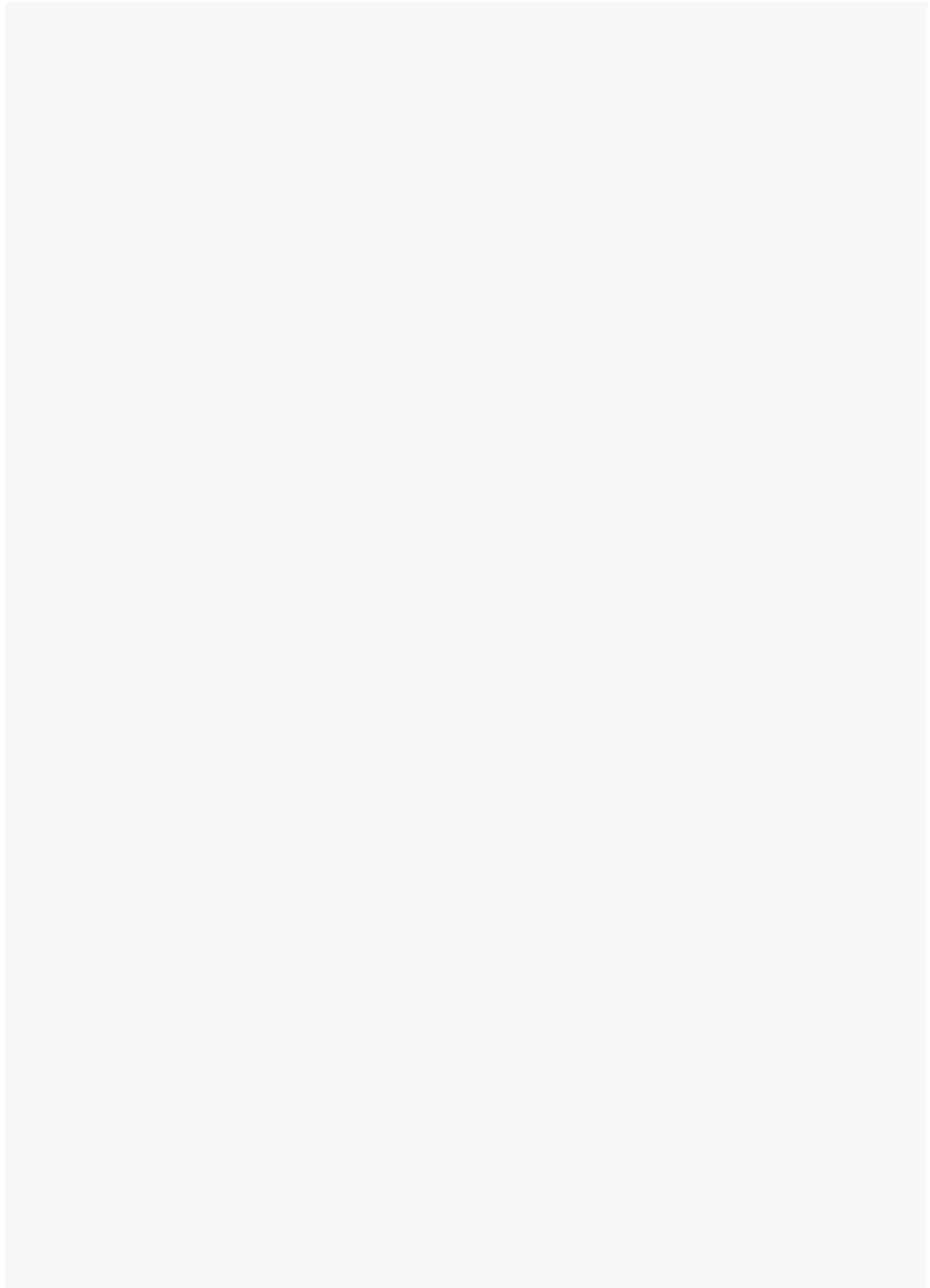


YOUR PERSONAL MISSION STATEMENT

Your Personal Mission Statement

Your Metaphor

Continue in the space below.



YOUR PERSONAL MISSION STATEMENT

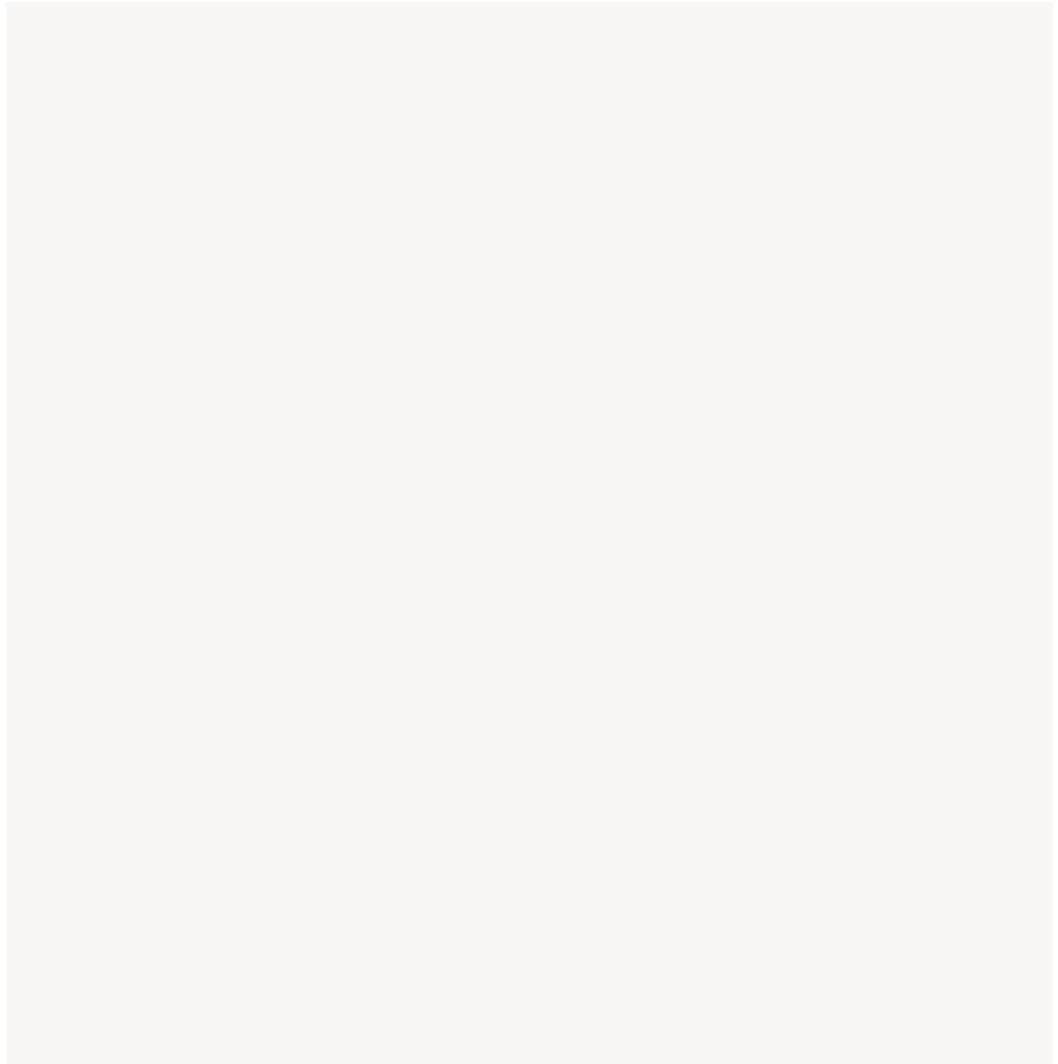
Your Personal Mission Statement

Your Impact

Think back to your Why and our Life Purpose Visualization together.

What is the impact you want to have - in our world, in your community, your family, in your life?

Brainstorm in the space below.

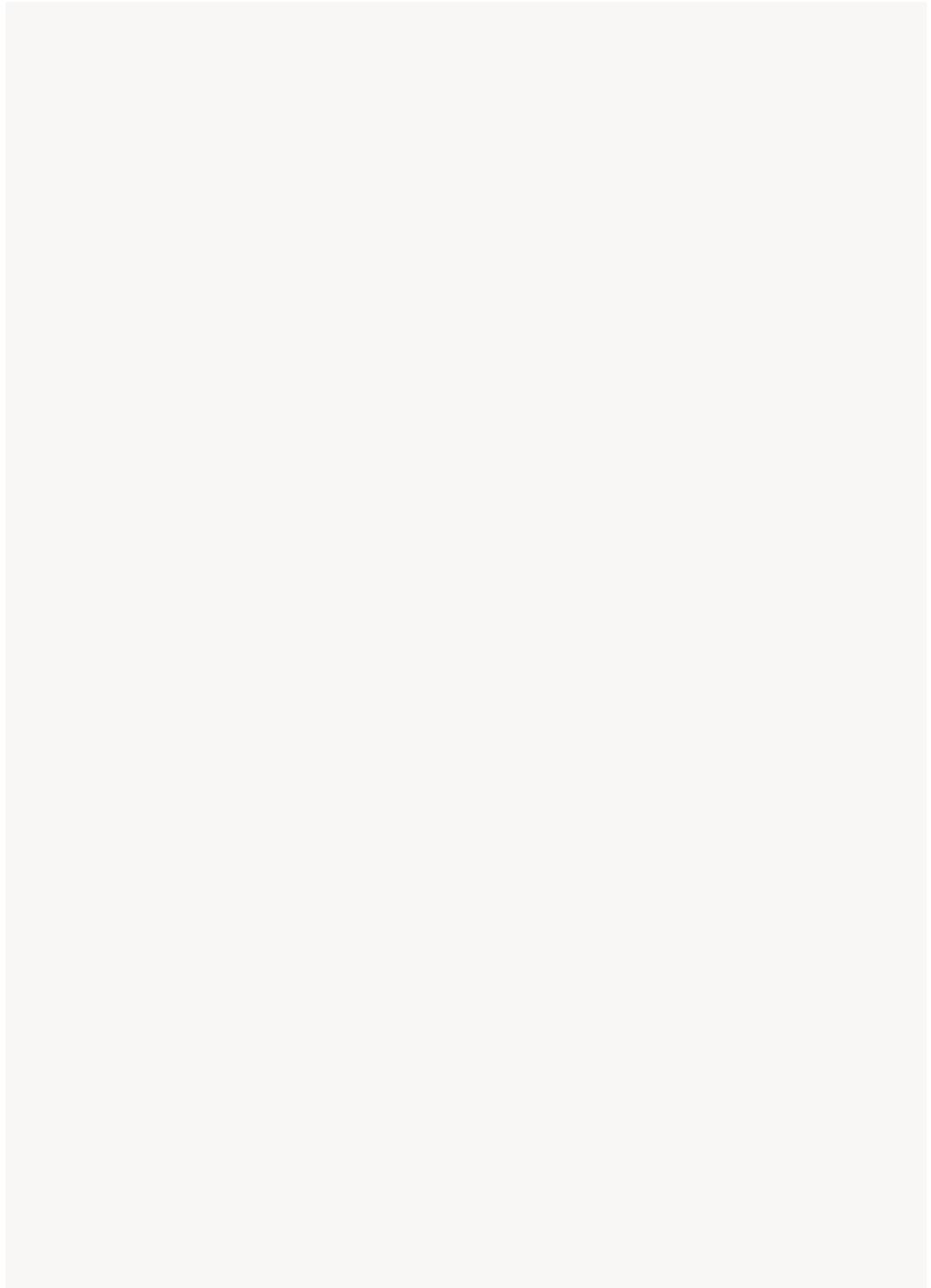


YOUR PERSONAL MISSION STATEMENT

Your Personal Mission Statement

Your Impact

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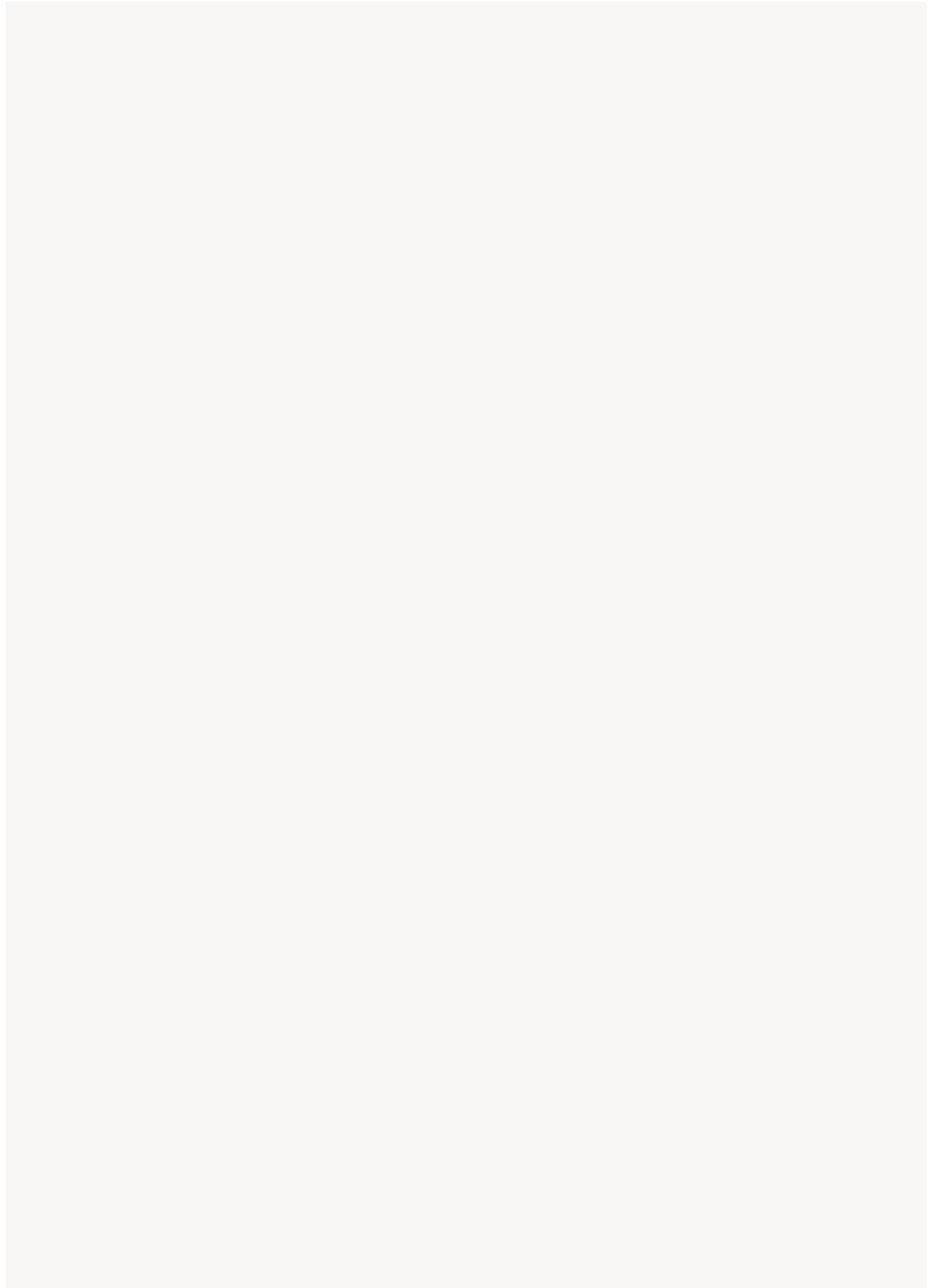


YOUR PERSONAL MISSION STATEMENT

Your Personal Mission Statement

Your Impact

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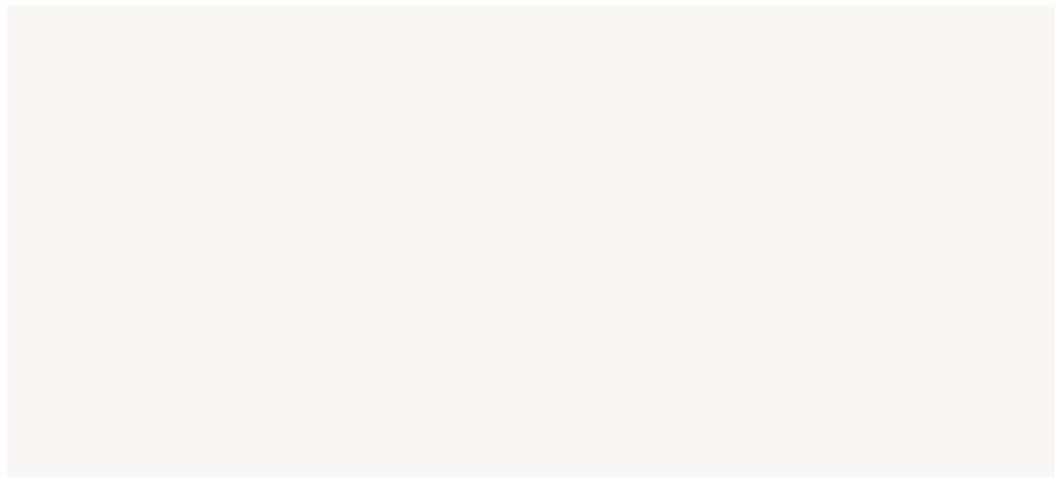


**YOUR PERSONAL
MISSION STATEMENT**

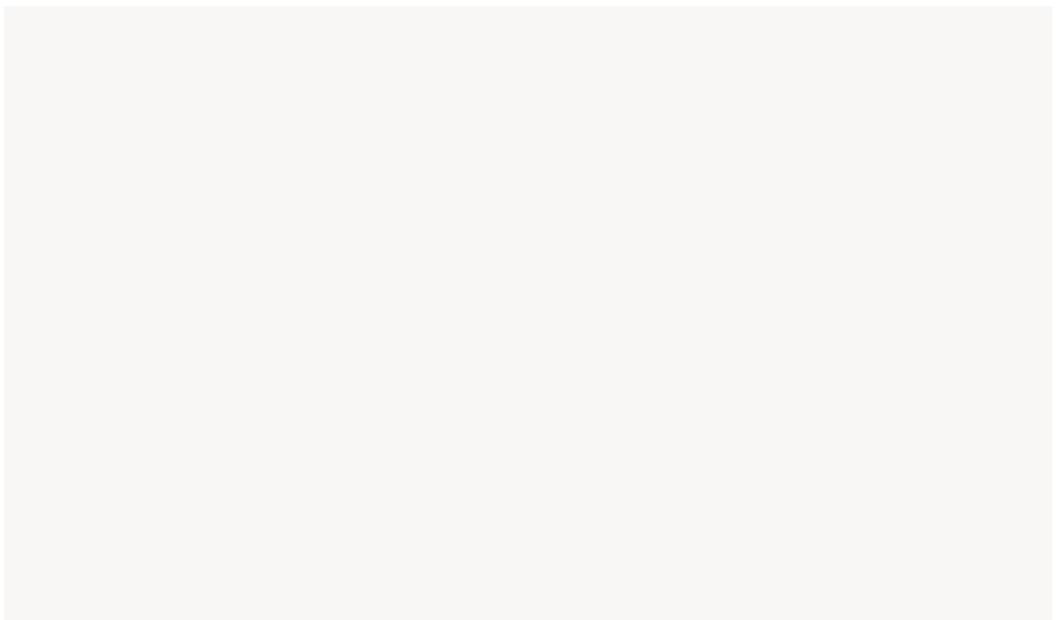
Your Personal Mission Statement

Now, let's put it all together.

I am _____ (metaphor/who I am being)



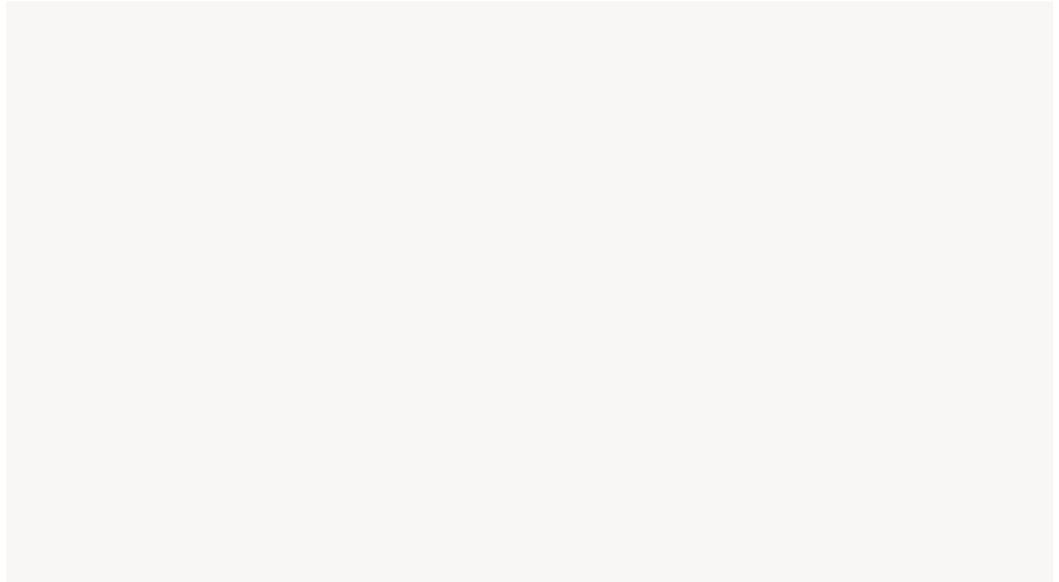
that _____ (impact/what I am contributing)



YOUR PERSONAL
MISSION STATEMENT

MY PERSONAL MISSION
STATEMENT

I am _____



that _____

