

Connection · Meaning · Results

A quarterly bulletin to support your personal and professional growth and development

June 2010

What do you stand for?



Dear Reader,

Like many Canadians this year, I had the privilege of hearing an inspiring speech by John Furlong, Chief Executive Officer of the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games. His story confirmed for me just how important a clear vision and mission is to achieving success. In his words, "All Canadian must feel these Games are theirs....This is not about a few of us, but about all of us." John Furlong had a clear vision of what he wanted our Olympic Games to be and he manifested that vision by staying true to his values and aligning his actions with those values

each and every day. His unwavering vision and mission impacted on Canada as a whole and many of us as individuals.

Few among us would deny the importance of having a direction and purpose when we embark on a project the size and magnitude of the Olympic games. But we need to remember the importance of that same direction and purpose on a more basic, everyday level, too. Because just as we wouldn't embark on a road trip without a map or build a house without a blueprint, neither should we navigate an entire lifetime without a purpose. We need to know where it is we want our lives to go, and then we need to consider how we will get there. In the compelling words of Stephen Covey, author of *The Seven Habits of Highly Effective People*, "if you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default."

How do we go about creating this sense of purpose in our lives? Do you know what's important to you? Can you say you really know who you are and what you stand for? Many of us say we want to be successful, but what is your definition of success? A properly crafted personal mission statement will give you all that and more; it will be a definition of what you and your life are all about. And it will be a powerful exercise, forcing you to think deeply about your life and examine your beliefs and desires so that they become a part of how you live each day. The following are some steps to guide you in creating your own personal mission statement. Notice your energy level as you launch into this important endeavour and reflect on what has meaning for you.

The meaning of life is to give life meaning.

- Ken Hudgins

Warm regards,

Christine

Christine Martinelli



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Trainer and
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Helping clients gain new perspectives, increased clarity, and greater self trust to achieve meaningful and sustainable results

Getting Started

Creating a personal mission statement requires deep self-reflection. You must answer some thought-provoking questions that, when evaluated closely, will help you gain clarity and insight, and ultimately capture your essence. Remember, this is your life's purpose you're defining here, so make sure you carve out the uninterrupted time you need to do so.

Foundational Questions:

1. What do you value in life – or what's important to you in life? For each value you list, think of a time when you were living that value, and consider the impact it had on you.

Example:

I value physical activity as a way to stay fit and healthy. Regular cardio and strength training are essential parts of my day to day life. I feel recharged and I find that I stand taller immediately after finishing a workout routine.

2. What are your strengths? Include an example of where you've used it (if you're unsure, read the [March Newsletter](#) to find out how to get clear on your strengths)

Example:

I am a team player; I work hard for the success of the team. Whether it's a work related project or helping out for a family function – others can count on me – I am energized when I know I am contributing to something with others.

3. What roles do you play in your life? Consider your roles in relation to your work, family, community and other areas? How would you like to be described in each of these roles? What do you want from your life? What are your goals?

Example:

As a parent I am a positive role-model for my daughters, I am available for them and they see through my actions the importance of paying attention to all aspects of their life.

4. What gets in your way?

Example:

My mindset, which sometimes has me react impatiently and harshly.

5. Who is your Hero? Define the qualities you most admire in that person. Ponder which you would need to practice in order to achieve the future you desire.

Example:

My partner is my hero. His curiosity, patience and open-mindedness so inspire me.

Continued ...

If you have thoughtfully and thoroughly reflected on these questions, you will have uncovered your priorities. Do you notice common themes, patterns or words? Try to sum up your reflections by answering these three questions.

1. What is my life about? (This is your purpose)
2. What do I stand for? (These are your values)
3. What actions do I need to take on a regular basis to live what my life is about and what I stand for? (This is your direction)

What you come up with may require several rewrites. The process is as important as the final product. Your response may be a few words or several pages, but it doesn't need to follow any particular format. A mission statement is not a "to-do" list; it is meant to reflect *your* uniqueness, *your* priorities, and *your* personal direction. And remember that it isn't written in stone: as you gain insights into yourself and what you want from your life, your personal mission statement will – and should – evolve with you.

If you have any questions about creating your own personal mission statement, or if you find yourself struggling with the process, contact us at cmartinelli@cmconsulting.ca.



Go confidently in the direction of your dreams!
Live the life you've imagined.

Henry David Thoreau

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