

Feeling Fantastic After 40 - Online Program

Clients Copy - Session 3

"DREAM - BELIEVE - CREATE - SURRENDER - SUCCEED"

Date: _____ Start Time: _____ Finish Time: _____

Coach: _____

FUTURE ACTION

- Read your Purpose Statement daily
- Focus on any tasks that were set during the session
- Bring to your next session

1. Purpose

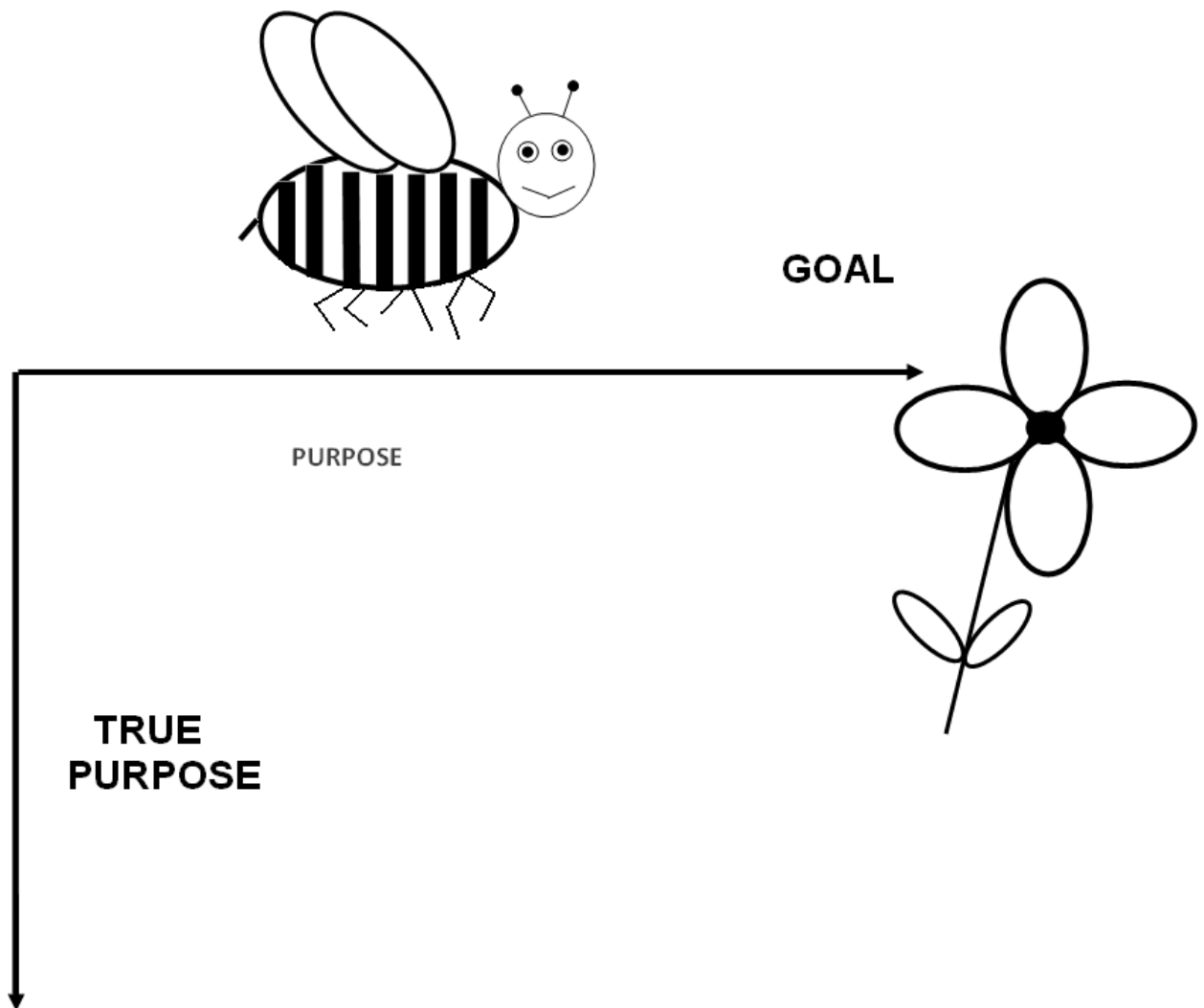
"Each individual has a unique purpose. People only begin to fulfil their creative potential when they have a high degree of alignment in their lives – that is, when their pursuits and conscious goals are in line with their own purpose.

The most fundamental definition of personal power is having the capacity to realise one's purpose. Personal vision is the key to unlocking its power. Vision is a picture of the future that one wants to create. Vision is the vehicle for bringing purpose into the realm of acts and commitments.

People who do remarkable things in their lives have a clear vision stemming from a deep and pervasive sense of purpose.

A second key promise regarding personal power is that what an individual holds in their consciousness tends to become real in the external world. The problem is that when people are not in very deep touch with their personal purpose, they pursue objectives in conflict with it. This sets up an inner conflict that limits their power and forces them to become highly manipulative in trying to accomplish their objectives. This is why creative power is released when an individual aligns with their personal purpose. A powerful reinforcing process develops for highly creative persons as they become internally aligned. The results they create in their life become more consistent with their personal purpose. This leads to deeper understanding of that purpose, clearer vision, more commitment to their vision, and in turn, to deeper alignment and creative capacity."

Nikken - Humans Being More Training Manual



2. Mission Statement

Personal Mission Statement:

This statement of purpose is a reflection of who you are, what you believe, your values, and what you strive for in life. Combined with the work you have done on your values, the following questions will help you uncover a framework for writing your Personal Mission Statement. Answer each question in 1 or 2 words.

1. What is my life about?

2. What do I value?

3. What do I treasure?

4. What is really important?

5. What do I do in my life that is worthwhile?

6. How do I want to be remembered?

3. Values

In Relationship with Yourself, what are your six most important values from the list below?

abundant	encouraged	innovative	satisfaction
accepted	enthusiastic	integrity	security
accepting	exciting	intimacy	sense of humour
accomplished	exuberant	intimate	sensitive
accomplishment	faithful	involved	serenity
achievement	flexible	joy	sincere
admiration	feminine	kind	soft
adventure	flirtatious	leader	spiritual
affectionate	focused	learning	spontaneous
ambitious	forgiving	lovable	successful
appreciated	freedom	loving	support
attractive	friendly	loyal	tender
approval	fun	magnificent	thoughtful
beautiful	gain	masculine	tolerant
calm	generous	optimistic	trusted
comfortable	genuine	organised	trusting
committed	giddy	passionate	trustworthy
communicate	giving	peace of mind	unconditional
compassionate	grateful	peaceful	understanding
competent	gratefulness	pleased	winner
concerned	gratification	pleasure	youthful
confident	gratified	positive	
connected	growing	powerful	
contented	happy	praise	
contributor	helpful	productive	
courageous	honest	proud of self	
creativity	honoured	quite	
curios	hopeful	religious	
decisive	humorous	respect	
eager	in control	rewarded	
easy going	inner peace	romantic	

