

(Purpose) Mission Statement Gifts + Values + Passion + Action

1. What are your most treasured **gifts—your talents?** What are you good at? What do people say to you, "Oh you are so good at BLANK." Make a list of no less than ten things that you are really good at...and enjoy. This is a time for honesty, not modesty. Then, circle the three that you treasure the most.

1. Problem Solving (Math)
2. Programming – especially Automating repetitive Tasks
3. Mathematical Thinking
4. Good at Presenting (Toastmasters)
5. Chess (I was my college Champion)
6. English Vocabulary
7. Reading Non-Fictional Books – (Seven Habits almost all Covey books, As a man thinketh, Wayne Dyer books, self-development books)
8. Meditation (Mindfulness of Breath)
9. Comedy (I do Standup comedy)
10. Navigation/Map reading
11. Strategic Thinking
12. Motivating Others
13. Learning – I love the process of Learning. (Road to Excellence/Peak/Making of an Expert)
14. Art/Drawing especially Sketching
15. Writing
16. Music – Learning classical violin
17. Deciphering Patterns (What is the big picture here?)
18. Interested in Human Behavior
19. Philosophy
20. Doing proper charity work – Giving back to Society
21. Love Drama Movies – A good movie gives me goosebumps.

Top 3 Picks

1. Mathematical Thinking
2. Meditation (Mindfulness of Breath)
3. Interested in Human Behavior

2. What **values** are most important to you? What consistent behaviors form the foundation of your character? What are the underlying impulses behind the choices you make? What values and actions are important in creating an environment where you feel motivated, excited and fulfilled? (Note: There is a list of values on the back page if you'd like some ideas). Now, narrow it down to your top two values.

1. Thinking
2. Strategic Thinking
3. Motivating Others
4. Excellence
5. Innovation
6. Teamwork

Top 2 Picks

1. Innovation
2. Motivating Others

3. What are you **passionate** about? What issues or causes really move you? What problems in the world do you think need solving? What are you constantly reading about and talking to people about?

1. Proper Math Education – To think deeply and develop conceptual understanding
2. Self-Educating oneself is not well defined – We need a model for self-education
3. Learning to Learn
 1. Active Recall
 2. Scientific Thinking
 3. Critical Reasoning
 4. Deep Problem Solving
 5. General Problem-Solving Strategies

Sample Values List

The following list is representative of words or phrases that illustrate values. Remember as you work with this exercise that you may combine two or three values as long as critical distinctions are not lost. For example, whereas the combination “Honesty/Integrity/Truthfulness” maintains a single distinction, “Honesty/Integrity/Freedom” combines concepts and thereby loses clarity.

| | |
|--------------------|----------------------|
| Humor | Participation |
| Directness | Performance |
| Partnership | Collaboration |
| Productivity | Community |
| Service | Personal Power |
| Contribution | Freedom to Choose |
| Excellence | Connectedness |
| Free Spirit | Acknowledgment |
| Focus | Comradeship |
| Romance | Lightness |
| Recognition | Spirituality |
| Harmony | Empowerment |
| Accomplishment | Full Self-Expression |
| Orderliness | Integrity |
| Forward the Action | Creativity |
| Honesty | Independence |
| Success | Nurturing |
| Accuracy | Joy |
| Adventure | Beauty |
| Lack of Pretense | Authenticity |
| Zest | Risk Taking |
| Tradition | Peace |
| To Be Known | Elegance |
| Growth | Vitality |
| Aesthetics | Trust |

FROM *Co-Active Coaching* by Laura Whitworth, Henry Kimsey-House & Phil Sandahl

Every mission requires action, and action words are verbs. For the first pass, go through the list and circle all the verbs that appeal to you. Then, go back and select the three verbs which most excite and inspire you.

| | | | | |
|-------------|-------------|------------|-----------|------------|
| accomplish | counsel | facilitate | negotiate | restore |
| acquire | create | finance | nurture | return |
| adopt | decide | forgive | open | revise |
| affect | defend | foster | organize | sacrifice |
| affirm | deliver | further | pass | satisfy |
| alleviate | demonstrate | gather | perform | save |
| amplify | devise | generate | persuade | sell |
| appreciate | direct | give | play | serve |
| ascend | discover | grant | possess | share |
| associate | discuss | heal | practice | speak |
| believe | distribute | hold | prepare | stand |
| bestow | draft | host | present | summon |
| brighten | dream | identify | praise | support |
| build | drive | ignite | produce | surrender |
| call | educate | illuminate | progress | sustain |
| cause | elect | implement | promise | take |
| choose | embrace | improve | promote | tap |
| claim | empower | improvise | provide | team |
| collect | encourage | inspire | realize | touch |
| combine | engage | integrate | receive | trade |
| command | engineer | involve | reclaim | translate |
| communicate | enhance | keep | reduce | travel |
| compel | enlighten | know | refine | understand |
| compete | enlist | labor | reflect | uphold |
| complete | enliven | launch | reform | use |
| compliment | learn | lead | regard | utilize |
| compose | entertain | love | relate | validate |
| conceive | enthuse | master | relax | value |
| confirm | envision | measure | release | venture |
| connect | evaluate | mediate | rely | verbalize |
| consider | excite | model | remember | volunteer |
| construct | explore | mold | renew | work |
| contact | express | motivate | resonate | worship |
| continue | extend | move | respect | write |
| | | | | yield |

Combine your gifts, values, passion and action

Write down your working combination of talents, verbs and passion. Remember, this is a work in progress and the words may not yet fit together or sound exactly right. Now we will begin the honing process.

My mission is to use my talents of Mathematical Thinking, and Understanding of Human Behavior to

Motivate Others to, Understand and Learn

Through my passion for Innovation and Motivating Others to Educate Themselves (my core value or values)

to, for, with or through

Nurture and Motivate Future Leaders to Develop deep skills to Solve Complex Problems by thorough understanding of Complex Systems/Strategic/Innovative and Humanistic Thinking and acting at a self-actualization levels to make the world a Happier and an Excellent Place to Live

(the group/cause which I'm most passionate about))

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