

***Stalking Your Sacred Work
Using the Wisdom of the Medicine
Wheel to Remember Your Sacred
Mission***
with Kathy Forest





Discovering What You
Came Here to Do:
Mission Statement
and Vision Statement
for your Life



Remember Your Mission

*“You do not create your mission,
you detect it.”*

--Victor Frankl

Today we are going to help you remember why you incarnated upon the planet. We are then going to put it down in writing so you can see it and remember it. To do this we are going to use the basic format of a mission and vision statement. Let's begin by learning what a Mission Statement is and what it is not.



There are three simple elements to a good mission statement:

- A mission statement should be no more than a single sentence long.
 - It should be easily understood by a twelve-year old.
 - It should be able to be recited by you from **MEMORY** at gunpoint.
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False Assumptions about a Mission Statement:

1. **My job is my mission.** Your job may be, and ideally should be part of your mission. But a mission is always larger than a job.
2. **My role is my mission.** While roles such as mother, father, or partner can be a completely engaging task, having a role as a mission puts you in a very precarious position, because those roles change just like jobs do. It is always larger than your current role.
3. **My “To Do” list is my mission.** Your mission is certainly much broader than the details you have on your plate today.
4. **I am not currently living my mission.** Many leaders do not feel powerful when, in fact, they are exercising their power to its greatest potential. It is highly probable that you are already living your mission at some level. The goal here is to extend and broaden it so you can be more aware of it. It can begin right where you are.
5. **I am not important enough to have a mission.** Nonsense! Physicists and scientists agree that even an apparently insignificant event such as a butterfly flapping its wings in Africa can affect the atmosphere in Alaska. ***Your life makes a difference!!***

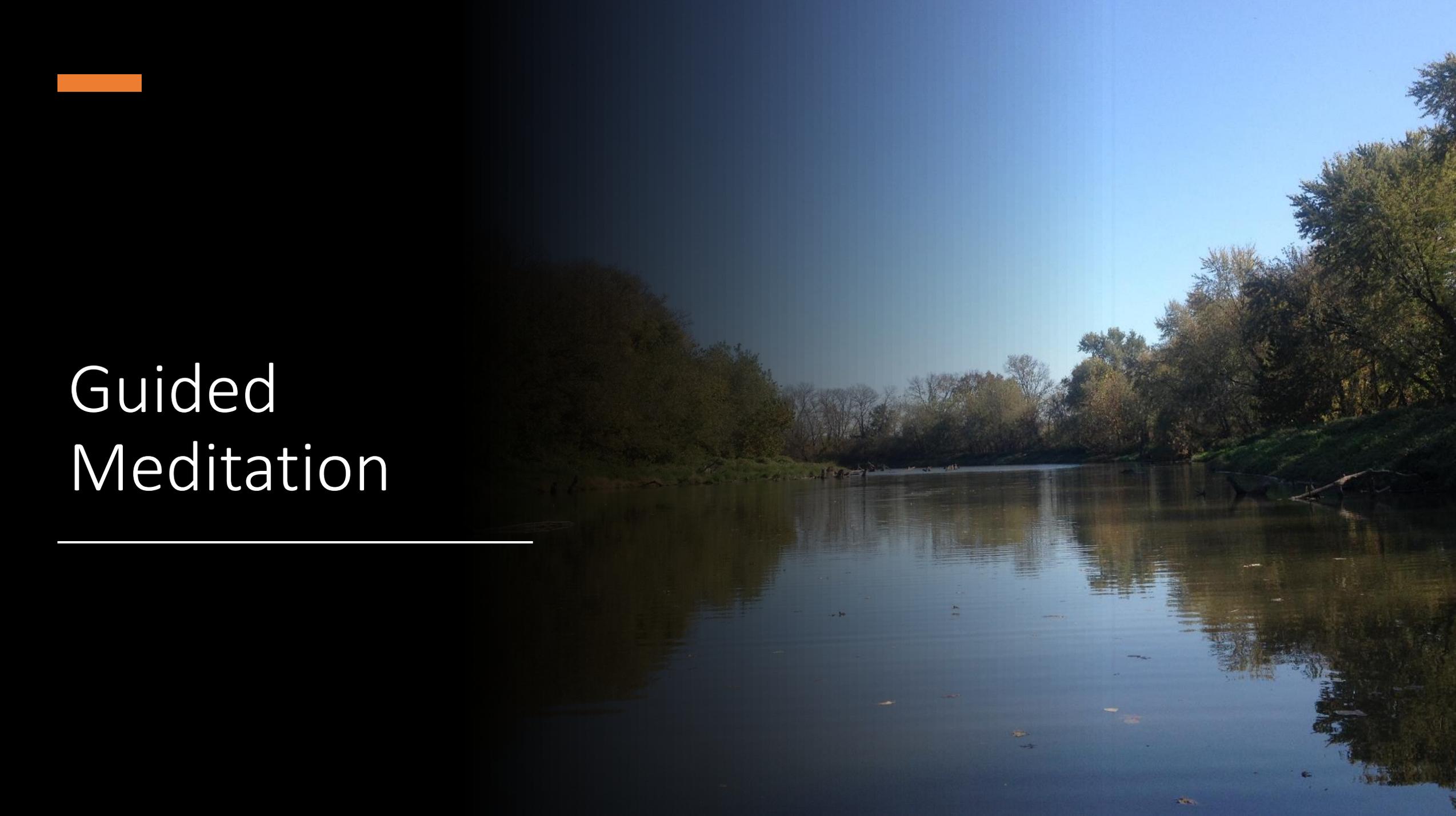
1. **My mission has to be a grand one or help a lot of people.** As we just learned, no act is insignificant.
2. **A mission must be full of suffering.** Just the opposite is true. We gravitate toward things that excite us. That is how our mission calls to us. What a dysfunctional set-up it would be if our mission tried to beckon us through things we did not like or that caused us pain. When the teacher said, “Wear my yoke, it fits perfectly,” he was indicating that a divinely ordained mission is a perfect fit.
3. **My mission must be the same as those of my peers.** Your mission is unique to you. When developing one, it is helpful to temporarily dissociate yourself from the influence of those around you lest you become a mere follower.
4. **Geography is destiny.** No. It is merely a technicality.
5. **What I am doing is as close as I can get to my real mission.** You don’t really believe this or you wouldn’t be here. This is what this class is about.

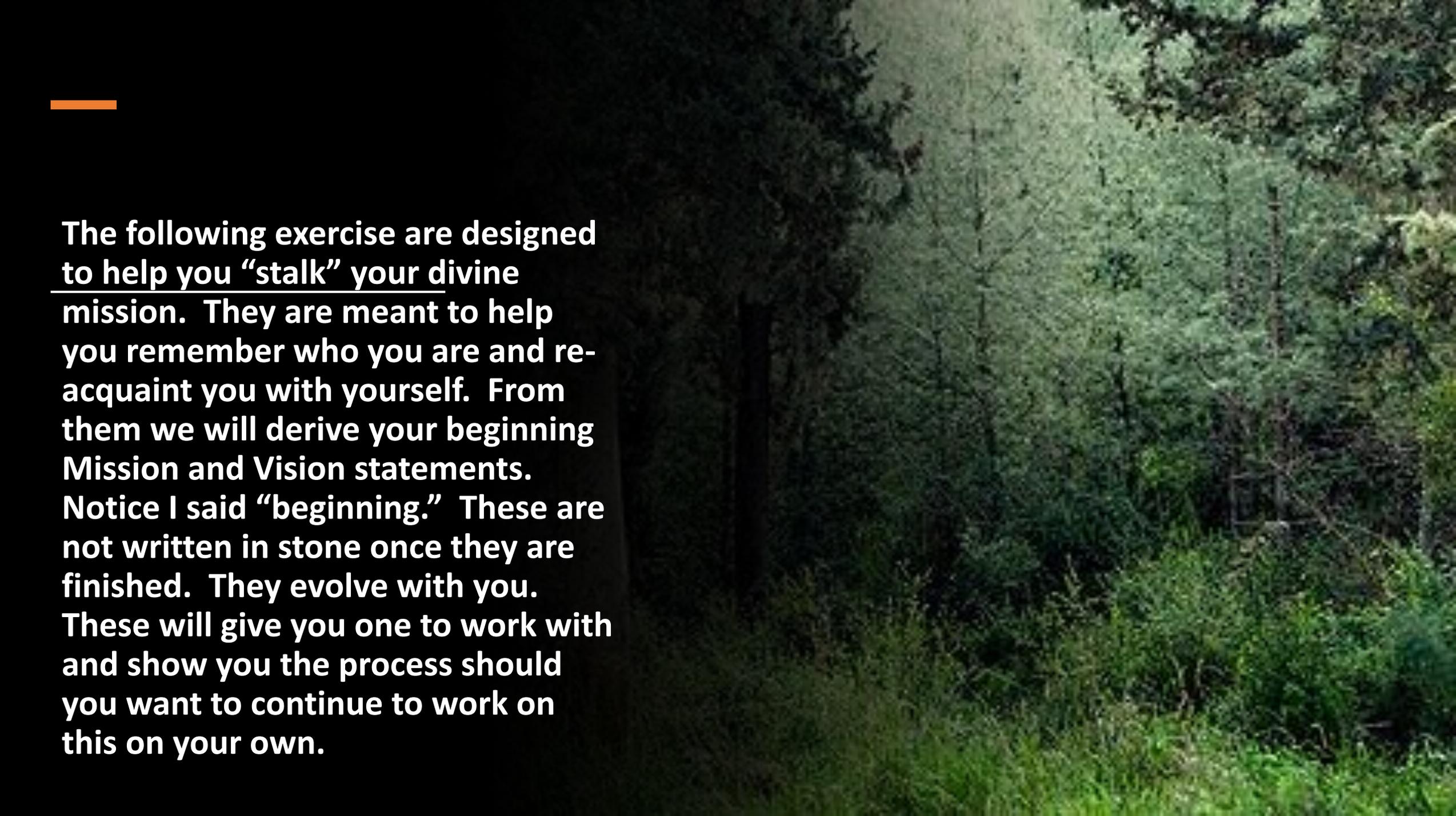
Your mission will fit you perfectly. If you are constantly complaining or feel bitterness, you are probably not following your DIVINELY ordained mission. You may be following your ECONOMICALLY ordained mission or your CULTURALLY ordained mission, but not your divine one. ***Because bees hum while they work, they don’t whine.***





Guided Meditation





The following exercise are designed to help you “stalk” your divine mission. They are meant to help you remember who you are and re-acquaint you with yourself. From them we will derive your beginning Mission and Vision statements. Notice I said “beginning.” These are not written in stone once they are finished. They evolve with you. These will give you one to work with and show you the process should you want to continue to work on this on your own.

Reflection Exercise I

Below you will find the questions on page 6 and 7 of the handout. Take your time and answer them as honestly as you can.

- People say, “Oh, you are so good at...”
- What are some of your talents? Name 10
- Which of those have you buried?
- What most excites you in or about the world?
- What most angers you in or about the world?
- If you could teach three things to others about what excites you in the world, what would you teach?
- If you could convey to others three things about what angers you in the world, what would you convey?
- How can you use what most excites you to affect or change what angers you? List at least seven ways.
- Remember times when you were living your mission and you knew it. Describe them.



Reflection Exercise II

On page 8 is a list of verbs. Pick out the three verbs that excite you the most. You may have to pick several and then eliminate some. You can only use three. Write them at the bottom of the page. These three verbs are piece number one.

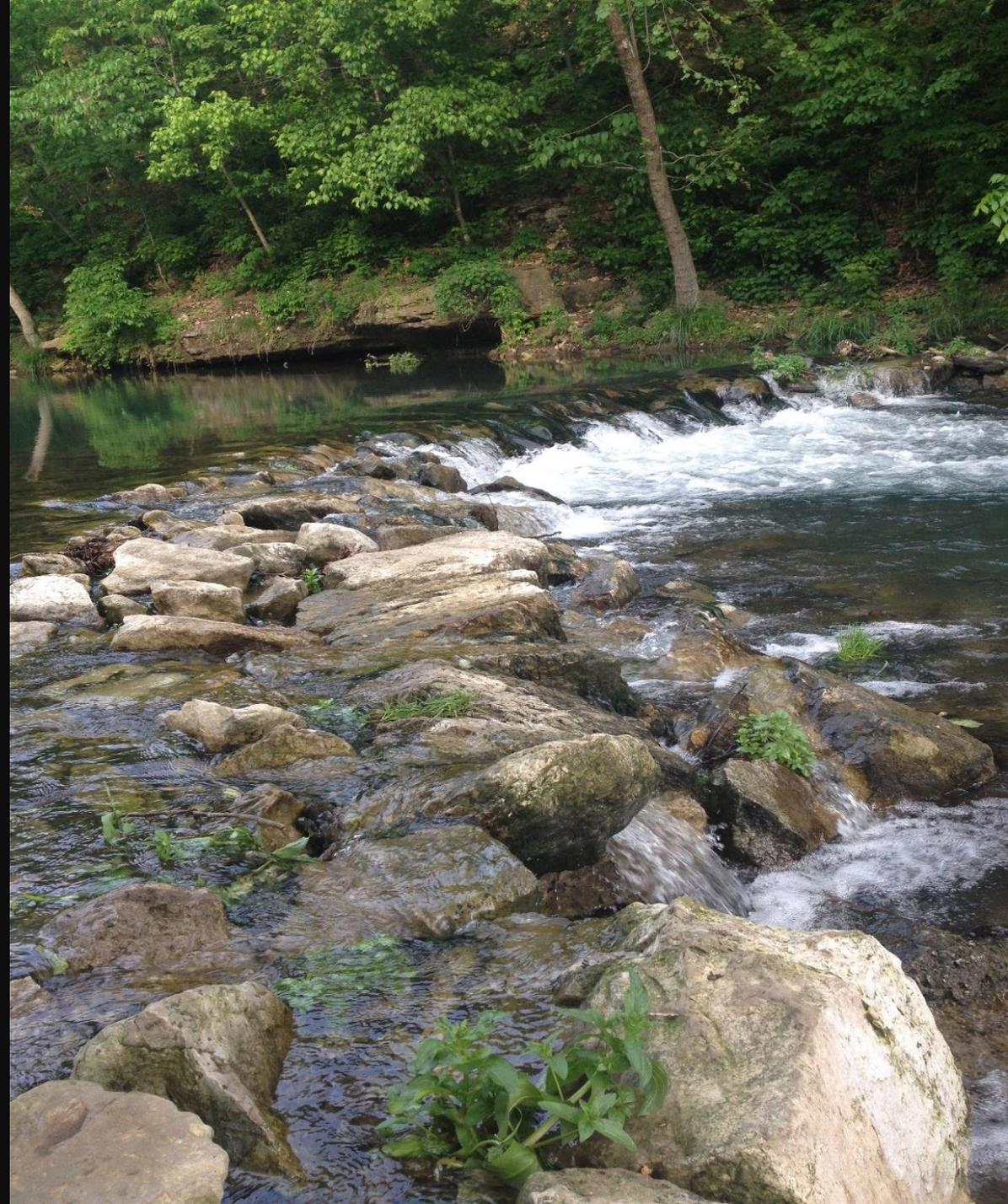


Reflection Exercise III

What do you stand for? What principal cause, value, or purpose would you be willing to defend to the death or devote your life to? What are you passionate about? For example, some people's key phrase or value might be "joy" or "service" or "justice" or "family" or "equality" or "creativity" or "freedom" or "faith" or spirituality" or "integrity" or "excellence."

You will know it when you put it down because it will resonate with you. It will describe you perfectly.

For instance, mine is "empowerment through Spiritual Connection." Write the word or phrase in the space provided. This is piece number two.



Reflection Exercise IV

Who are you here to help? Every mission implies that someone will be helped, a nation will be freed, a bird will be returned to its nest again, a child will have a new image of what parental love can be. Whom is it that you were sent here to help? The more specific you can be, the more focused and powerful will be your energy. So now is the time to focus on WHOM you really want to help. On page 9 is a list of groups and/or causes to help you think creatively. Please do not feel limited to this list.

Pick one and put it in the space provided. This is piece number three.



The formula for your mission statement is 1 + 2 to, for, or with 3.

My mission is to:

_____, _____, and _____
(your three verbs)

(your core value or values)

to, for, or with

(the group/cause which most moves/excites you)

Some Examples:

- **To create, nurture, and maintain an environment of growth, challenge, and unlimited potential for all those around me.**
 - **To inhale every sunrise, and look under every rock for the joy life has to offer.**
 - **To uphold, discover, and support trust, honesty, and integrity in all relationships.**
 - **To ignite, inspire, and restore Spiritual Connection and Right Relationship with the Earth in those whose lives I touch.**
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As you work, please remember:

- A good mission statement will be inspiring, exciting, clear, and engaging.
- It will be specific to you and your particular enthusiasm, gifts, and talents.
- It should be broad enough to encompass a lifetime of activities. (Jesus's Mission Statement was "...to give life, and give it more abundantly.")
- It should be powerful and encompassing and cover both work and personal life.
- It centers around the process of what you need to be doing, not the end result.
- You can't get it wrong. If it is not right, you will be guided to what is.
- Once you are complete, write your Mission Statement in the space provided on page 11.





Break

