

## DAILY READING

### DAY 7

#### Mission Statement

##### WE GIVE BEST WHAT WE WANT MOST

Possibly the most common element among personal growth programs and spiritual disciplines is the idea that we are born into this life for some purpose. Discovering and living that purpose is an important part of this program. We start that discovery by developing an initial Mission Statement which we will revisit often and let it evolve as we move deeper into this program.

Our initial approach to a Mission Statement is based on a simple understanding that **WE GIVE BEST WHAT WE WANT MOST**. This means that there may be something that we consciously or sub-consciously want in our life that we inherently want more than anything else. Once we recognize this, we may also realize that we are very good at giving this same thing to others, because we know it so well. The following exercise will build on our previous work to develop a first draft of a mission statement.

If Mentee has a mission statement already, we ask that they to write it below and then let that version of their Mission go for now and see what develops in this new approach.

One purpose of a mission statement is to guide and focus us as we take responsibility for our lives and become pro-active. **IT COMMUNICATES TO OTHERS**, as it differentiates us as a unique combination of talents and interests. It includes passion (or vision) plus action (verbs). It helps to focus, inspire and integrate our sub-personalities (our Parts).

*Previous mission statement from prior to doing this program (if any):*

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.

- Martha Graham

# MENTOR WILL HAVE THIS PAGE HANDY FOR THE DAYS SESSION

## MISSION STATEMENT DEVELOPMENT

Have Mentee take their answers from Day 5 and fill in the blanks as shown below.

WHAT I WANT MOST: \_\_\_\_\_  
Write it here as a noun: (i.e. Peace):

Now write it as an adjective: \_\_\_\_\_  
(i.e. Peace becomes Peaceful):

Insert this adjective into the statement below (A)

### HOW DO I GIVE IT?

Describe how you give what you want using three verbs, write them below and then insert those verbs into the statement below:

(B)

(C)

(D)

### INITIAL MISSION STATEMENT:

My Mission is to Create a \_\_\_\_\_ World / Culture / Society  
(A) (from above) (pick one)

by, though, with \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
(pick one) (B) verb (C) verb (D) verb

Example: My mission is to create an enlightened culture through healing and teaching.

Write New mission statement here and in Journal:

Moving Forward: Please State your Mission every session when you check-in.

## MISSION STATEMENT DEVELOPMENT

We will be working with your Mission Statement through-out this program and we you to please State your Mission every session when you check-in.

You may want to refer to this page at any time to guide you in developing your Mission Statement.

Suggestions on pruning and working with your Mission Statement:

Write New mission statement here:

Rework and reword until the statement makes sense & feels right to you.

Refine Mission statement to be clear, concise and so it communicates the essence of who you are and what you do.

Ask Inner World parts and guides for input on your statement.

### REVIEW TEST QUESTIONS:

With a mission statement that fits you and your life, you may be able to answer YES! to all of these questions:

- Is it universal? Can you do this with anyone at any time?
- Can you do this at home? At work? At church? At a party?
- Is it you? Is it true? Does it excite you? Does it excite others?
- Would you be willing to have your life be about this and only this?
- Is this what you would like to be known for?
- Does it clearly describe to another what you are good at and love to do?
- Visualize yourself in the near future – in a few weeks – living your mission –  
What are you doing? With whom? How does it feel?

The law of Dharma says that we have taken manifestation in physical form to fulfill a purpose. According to this law, you have a unique talent and a unique way of expressing it. There is something that you can do better than anyone else in the world – and for every unique talent and unique expression of that talent; there are also unique needs. When these needs are matched with the creative expression of your talent that is the spark that creates unlimited wealth and abundance.

There are three components to the law of Dharma. Each of us is here to:

1. Discover our true self ...our higher self or spiritual self.
2. To express our unique talents.
3. To be in service to humanity.

Ask yourself, if money was no concern and you had all the time and money in the world, what would you do?

Discover your divinity, find your unique talent, serve humanity with it and you can generate all the wealth you want.

- Deepak Chopra, The Seven Spiritual Laws of Success

*Until one is committed*

*There is hesitancy, the chance to draw back,*

*Always ineffectiveness.*

*Concerning all acts of initiative (and creation)*

*There is one elementary truth*

*The ignorance of which kills countless ideas*

*And splendid plans:*

*That the moment one definitely commits oneself*

*Then Providence moves too.*

*All sorts of things occur to help one that would never otherwise have occurred.*

*A whole stream of events issues from the decision*

*Raising in one's favor all manner*

*Of unforeseen incidents and meetings*

*And material assistance*

*Which no man could have dreamt would come his way.*

*Whatever you can do or dream you can, begin it.*

*Boldness has genius, power and magic in it.*

*Begin it now.*

- W. H. Murray

# MENTORS SESSION GUIDE

## DAY 7

### INTENTION

- Mentee develops a Mission Statement

### CHECK-IN

*Mentor:*

Please check-in using PEMS.

*[mentee and mentor check in]*

### MISSION

Today, we will start our work on developing your personal Mission Statement.

Most personal growth programs and spiritual disciplines share the belief that we are born into this life for some purpose. Discovering and living that purpose is an important part of the Omega Point Program. We start this discovery by developing an initial Mission Statement. Over the coming days, you will have many opportunities to revisit and refine your Mission Statement.

Our approach to mission is based on the idea that:

#### WE GIVE BEST WHAT WE WANT MOST

Each of us has something that, consciously or sub-consciously, we want more than anything else in our lives. Once we recognize that one thing, we may realize that we are very good at giving this same thing to others.

The exercise we will do today will build on work we did earlier to bring into focus what it is you want most in your life and how you give it to others. You will then craft a Mission Statement.

Before we begin, do you already have a Mission Statement? If so, please write it on the Mission Statement Homework pages after today's session. For now, I invite you to let it go for today and welcome whatever emerges in the exercise.

The purpose of a Mission Statement is to guide and focus us as we take responsibility for our lives and begin to take action to give what we want most in life to ourselves and to others.

A Mission Statement includes what we want most, i.e. our vision; plus what action we take to get it and in this case, the action we take to give it to others. It helps to focus, inspire, and integrate all parts of ourselves. It also communicates to others the essence of who we are and what we are about at our core.

## MISSION STATEMENT

So, right now, I invite you to relax and take a deep breath.

I will write down the notes from this exercise so you can simply relax and feel the words we are discussing as well as say and hear them.

So please take another deep breath and then state what you want most in life.

This could be what you came up with previously or what feels right to you now.

*[mentee answers, mentor echo's]*

Now, please hone it down to one or two key words.

*[mentee answers, mentor echo's and writes it down as a noun]*

Now, turn this noun into an adjective. i.e. 'Peace' becomes 'peaceful.'

*[mentee says adjective, mentor writes down adjective]*

So, we will begin to develop the Mission Statement by using this word as an adjective to describe what you want to create.

This creation could be a family, community, society, culture, or world.

I.e. "My mission is to create "a peaceful world."

So pick one noun to place after your adjective. It could be society, culture, world, etc.

*[mentee shares what they want to create, i.e. a peaceful world]*

OK, so far we have your vision. You want to create a [mentee's vision]

How does that sound and feel?

Now, we will focus on the action you take to bring this vision into existence.

Name three ways in which you give what you want most in life to other people.

So we have [names three verbs]. Sound OK?

We can now create your Mission Statement by putting all these elements together.

Your Mission is to create a \_\_\_\_\_ world /culture /society  
by \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Now you say it. Please say your mission one more time. Thank you.

Moving forward we will share our missions every day during our check-in.

As I mentioned earlier, over the coming days, you will have many opportunities to revisit and refine your mission.

## **CLOSURE**

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you and what did you find challenging?

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please review the Daily Reading for Day 7.

It provides some information on ways to refine and evolve your Mission Statement. Please spend some time with this when you can.

### ***Mentee:***

Reminder: Please go to the OPP website: <https://omegapointprogram.com> and click on "ASSESSMENT" at the top of the Home Page. Consider doing the Archetype Assessment soon.