

Play 1. Core Purpose

What do you want to stand for?

How do you create this mission statement?

1. What is your core value? _____

When I think of you I think of this _____

On your hundredth birthday, what do you want people to say you stood for? _____

Ask 3 friends to write a paragraph about what they feel you stand for, and what they think of when they think of **you**.

2. Say if I am going to stand for something, what is it? _____

3. Pick 10 words of the “values” words below:

Ability	Artfulness	Boldness	Charm
Abundance	Assertiveness	Bravery	Chastity
Acceptance	Assurance	Brilliance	Cheerfulness
Accomplishment	Attentiveness	Briskness	Clarity
Achievement	Audacity	Buoyancy	Classy
Adaptability	Availability	Calmness	Cleanliness
Adventure	Awareness	Camaraderie	Cleverness
Affection	Awe	Candor	Closeness
Affluence	Balance	Capability	Cognizance
Alertness	Beauty	Care	Comfort
Ambition	Being-ness	Carefulness	Commitment
Anticipation	Belongingness	Certainty	Compassion
Appreciation	Benevolence	Challenge	Competence
Approachability	Blissfulness	Charity	Complacency

Completion	Discretion	Fluency	Introversion
Composure	Diversity	Fluidity	Intuition
Concentration	Dreaming	Focus	Intuitiveness
Confidence	Drive	Fortitude	Inventiveness
Conformity	Duty	Frankness	Joy
Congruency	Dynamism	Freedom	Judiciousness
Connection	Eagerness	Friendliness	Justice
Consciousness	Economy	Frugality	Keeness
Consistency	Ecstasy	Fun	Kindness
Contentment	Education	Gallantry	Knowledgeableness
Continuity	Effectiveness	Generosity	Lavishness
Contribution	Efficiency	Gentility	Leadership
Control	Elation	Genuineness	Learning
Conviction	Elegance	Giving	Liberation
Conviviality	Empathy	Grace	Liberty
Coolness	Encouragement	Gratefulness	Liveliness
Cooperation	Endurance	Gratitude	Logic
Copiousness	Energy	Gregariousness	Longevity
Cordiality	Enjoyment	Growth	Love
Correctness	Enlightenment	Guidance	Loyalty
Courage	Entertainment	Happiness	Majesty
Courtesy	Enthusiasm	Harmony	Mastery
Craftiness	Exactness	Health	Maturity
Creativity	Excellence	Heart	Meekness
Credibility	Excitement	Helpfulness	Mellowness
Cunning	Exhilaration	Heroism	Meticulousness
Curiosity	Expectancy	Holiness	Mindfulness
Daring	Expediency	Honesty	Moderation
Decisiveness	Experience	Honor	Modesty
Decorum	Expertise	Hopefulness	Motivation
Deepness	Exploration	Hospitality	Mysteriousness
Deference	Expressiveness	Humility	Neatness
Delicacy	Extravagance	Humor	Nerve
Delight	Extroversion	Hygiene	Obedience
Dependability	Exuberance	Imagination	Open-mindedness
Depth	Evolution	Impact	Openness
Desire	Facilitating	Impartiality	Optimism
Determination	Fairness	Impeccability	Opulence
Devotion	Faith	Independence	Order
Devoutness	Fame	Industry	Organization
Dexterity	Fascination	Ingenuity	Originality
Dignity	Fashion	Inquisitiveness	Outlandishness
Diligence	Fearlessness	Insightfulness	Outrageousness
Diplomacy	Fidelity	Inspiration	Passion
Direction	Fineness	Instinctiveness	Peacefulness
Directness	Finesse	Integrity	Perceptiveness
Discernment	Firmness	Intelligence	Perfection
Discretion	Fitness	Intensity	Perseverance
Discipline	Flexibility	Intimacy	Persistence
Discovery	Flow	Intrepidity	Persuasiveness

Philanthropy	Relaxation	Sincerity	Traditionalism
Piety	Reliability	Skillfulness	Tranquility
Playfulness	Resilience	Smartness	Transcendence
Pleasantness	Resolution	Sophistication	Trust
Pleasure	Resolve	Solidarity	Trustworthiness
Plentiful-ness	Resourcefulness	Solidity	Truth
Poise	Respect	Solitude	Understanding
Polish	Restfulness	Soundness	Uniqueness
Popularity	Restraint	Speed	Unity
Potency	Reverence	Spirit	Usefulness
Practicality	Richness	Spirituality	Utility
Pragmatism	Rigor	Spontaneity	Valor
Precision	Sacredness	Stability	Variety
Preeminence	Sacrifice	Stillness	Victory
Preparedness	Sagacity	Strength	Vigor
Presence	Saintliness	Structure	Virtue
Privacy	Sanguinity	Substantiality	Vision
Proactivity	Satisfaction	Success	Vitality
Proficiency	Security	Sufficiency	Vivacity
Professionalism	Self-control	Support	Warmth
Prosperity	Selflessness	Supremacy	Watchfulness
Prudence	Self-realization	Surprise	Wealth
Punctuality	Self-reliance	Superb	Wholesomeness
Purity	Sensitivity	Supremacy	Willingness
Qualification	Sensuality	Sympathy	Winning
Quietness	Serenity	Synergy	Wisdom
Quickness	Service	Tactfulness	Wittiness
Realism	Sexuality	Teamwork	Wonder
Readiness	Sharing	Temperance	Worthiness
Reason	Shrewdness	Thankfulness	Zeal
Recognition	Significance	Thoroughness	Zest
Recreation	Silence	Thoughtfulness	Zing
Refinement	Silliness	Thrift	
Reflection	Simplicity	Timeliness	

Of your 10, narrow it down to 5:

1. _____
2. _____
3. _____
4. _____
5. _____

And finally choose only 1 word that represents your purpose and core value.

My Core Value is _____



Next pick 3 words from this list of verbs will motivate you to achieve your core value:

- | | | | |
|------------|------------|-------------|-------------|
| Accelerate | Clarify | Generate | Reconcile |
| Adapt | Coordinate | Illustrate | Refrain |
| Advocate | Define | Implement | Regulate |
| Analyze | Dispense | Inquire | Restructure |
| Anticipate | Divert | Labor | Revisit |
| Ascertain | Duplicate | Launch | Secure |
| Aspire | Examine | Manipulate | Simplify |
| Assess | Execute | Model | Solve |
| Assimilate | Exhibit | Monitor | Surpass |
| Better | Expedite | Orchestrate | Utilize |
| Calculate | Facilitate | Position | Value |
| Challenge | Forge | Procure | Verify |
| Champion | Formulate | Qualify | |

Verbs that will motivate me to achieve my core value:

Now plug it all together in the My Mission Statement Formula by Lori Beth Jones

My Mission is to _____(verb 1), _____(verb 2), _____(verb 3)
_____ (core value)

**FOLLOW YOUR MISSION.
IT'S YOUR GIFT TO THE WORLD.
WALKING IT OUT, LIVING IT OUT.**

Play 2. Raise Your Standards

What are the current standards in your life?

How do you set your standards and culture in your life?

Note: Your standards have to be elevated so your life can be elevated.

Standards:

What do people feel when they walk into your presence?

How do we do Raise The Bar?

Step 1: What are the new standards that you want to operate on?

1. _____
2. _____
3. _____

Step 2: What is your culture (your presence, your space, & the feeling around you)?

1. _____
2. _____
3. _____

Play 3. Commit to the Grind

Myth buster: Habits are created the moment you decide to do it.

What are your daily habits?

It's not 21 days it's TODAY.

How to commit to the grind:

1. Identify what habits that are holding you back:

1. _____
2. _____
3. _____
4. _____
5. _____

2. What are the habits that I need to put into place? (could be the reversal of the old actions)

1. _____
2. _____
3. _____
4. _____
5. _____

Suggestions: "54321", *The hour of power*, *3 things i am grateful for*.

Play 4. Get Comfortable with Being Uncomfortable

What results do you want? What uncomfortable action must you take?

1. _____
2. _____
3. _____

List all the fears that are holding you back from this achievement:

1. _____
2. _____
3. _____

What actions will deliver the results you want?

1. _____
2. _____
3. _____

What do you hope to achieve in

Two weeks? _____

Four weeks? _____

One Year? _____

Play 5. Your Fab Five

Part 1

Who is around you, are they helping you or are they hurting you?

State your current Fab 5:

1. _____
2. _____
3. _____
4. _____
5. _____

What do I want to accomplish with my Fab 5?

Who do I want in my Fab 5:

1. _____
2. _____
3. _____
4. _____
5. _____



Part 2

Take inventory: How are you currently showing up?

How do you want to show up?

What intentions do you want to show up with?

