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The Discover Your Destiny by writing a personal mission statement e-course

Dear Reader

I know that many people who read this booklet would be affected by the media's dire economic predictions.. But a shrinking economy doesn't have to dictate your ability to be successful. To thrive regardless of what happens with the economy, you need to stay focused on your goals, take positive action, learn new skills and develop new habits. By **maintaining a laser-like focus** on what you want to attract – you are practically guaranteed to achieve your goals.

Whether your top goal is to increase sales, become a self-made millionaire, or publish a book ... or you most want to build your dream house, lose weight, or find your soul mate, this mini-e-book will help you to:

Discover Your Destiny

I have found that one of the most powerful ways to learn anything is to teach it to others. It forces me to clarify my ideas, confront inconsistencies in my own thinking, and it requires me to read, study and talk about the information over and over again. The Acorns2OakTrees Discover Your Destiny by writing a personal mission statement. Workshop especially, have gone through this process many times.

I am very grateful that you have downloaded this booklet as I am sure you will benefit from it immensely.

This book was written for everyone who has ever (or all the time) felt overwhelmed by the pressures of modern living. Every one who has lost their motivation and inspiration because of never-diminishing stress. Stress is a formidable enemy, draining your energy and joie de vivre insidiously and continually. It can be very dangerous and detrimental to your health. It has been suggested as a causative or contributing factor in various very nasty diseases like cancer, high blood pressure, stomach ulcers and many more.

It can also cause sufferers to maintain some very unhealthy habits, like stress eating, smoking and alcohol/drug abuse, in an effort to get rid of it.

Time and again I came across it while working as a medical doctor until I eventually decided to focus on prevention rather than cure. While searching for viable stress busting options I studied a large variety of natural and alternative therapies.

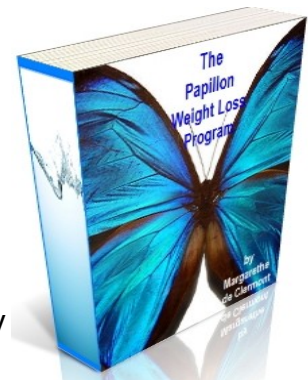
We use these during the [Acorns to Oak Trees Workshop](#) that I present at my house in the sun-drenched south of France. Putting these theories into practice has significantly lowered my clients' stress levels. The glorious surroundings, wonderful food and gorgeous weather also contribute to total relaxation and a memorable holiday. But the most useful exercise to me, and to most of my clients, is writing a personal mission statement.

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I have noticed that when one has fulfilled one's financial, spiritual, work and relationship ambitions, stress levels fall to an all time low. But much more importantly, when you set out with focus and determination to fulfil these aspirations according to your life's purpose and true to your personal values, you stress levels plummet.

The acorn to oak tree concept has always impressed me as an inspiring metaphor and now I have chosen it to represent both my e-books and my workshops. Over the last three months I felt like that very acorn – too small and insignificant to achieve anything worthwhile. But with a lot of TLC and support from my friends and family, this little acorn has spouted a pair of tender green leaves and it now growing as fast as it can, yearning to reach the full height and spread of a mature oak tree.

This booklet was written as an appetiser for the Acorns2OakTrees full-length e-book and to the [Acorn to Oak Trees Residential Workshops](#), but I have decided to make it available to the general public in an effort to reach and help as many people as possible. The same goes for the [Papillon Weight Loss e-book](#) and the [Caterpillars2Butterflies workshops](#).



Feedback from you helps me to make this booklet more useful to future readers. Please leave a comment, positive or negative on my blog: [Margaretha's Blog](#) or on Face Book - it really is very important to me to understand what worked and what didn't work for you. This way you are helping me to help even more people. Goes without saying that you are welcome to attend a stress or [Caterpillars2Butterflies](#) weight management workshop, it will be a great pleasure to meet you in person.

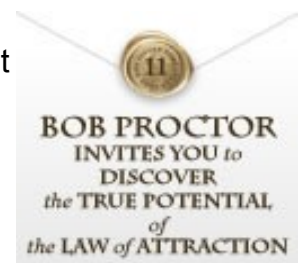
It is my dearest wish that this booklet will make a difference in your life, for the better and in the long-term.

Kind Regards,



Dr Margaretha de Klerk

PS. As I mention on the website, the hit-movie and best-selling book "the Secret" took the world by storm by describing the Law of Attraction. This phenomenon literally changed millions of lives including my own. But did you know that there are 11 other ancient laws that was not



revealed in "the Secret"? You need to learn and work in harmony with these laws if you want "the Secret" to work for you in your life.

One of my all-time favourite authors, Bob Proctor reveals these "forgotten laws" in his book *The 11 Forgotten Laws*. [Click Here](#) to find out how to change your life forever. Or if you do not want to use my affiliate link, just go to <http://www.the11forgottenlaws.com> directly.

Introduction

"The search for the purpose of life is one of the deepest of our experiences as human beings," says Os Guinness in *The Call: Finding and Fulfilling the Central Purpose of Your Life*.

Highly successful people like **Tony Robbins, Zig Ziglar, Steven Covey and Brian Tracy** use mission statements to accelerate personal development and form a clear vision for their success. They use their PMS's **to define their life's purpose, to focus their energy, actions, behaviours and decisions towards the values that are most important to them.**

Unfortunately, most of us get caught up in the daily grind and don't take the time to stop and assess the "big picture" of our lives. Right in the midst of the credit crunch, it's a great time to do just that by writing a Personal Mission Statement.

As we travel through life, we should carefully choose which mountains we want to climb. We should only attempt the mountain that will afford real satisfaction in the conquering. We must make sure each mountain is worth the effort of getting to the top.

It is vital that that we carefully plan the best route to the top and learn from our experiences as we progress. It is also important that we enjoy the view along the way.

Creating a personal mission statement is like drawing a map of the land and deciding what sights you want to see, and which experiences you want to have, and deciding which paths and mountains are most likely to offer you those sights and experiences.

What you will gain from having a personal mission?

- **It will be easier to make decisions and you will be able to make them faster**
The right decision is the one that is congruent with your mission statement
- **You will be more motivated** When you have a PMS you have a perpetual source of inspiration
- **Your life will have direction** towards a purpose linked to your key values
- **Your life will be balance.** Be successful in all areas of your life

A Personal Mission Statement defines how you will manifest your personal values in

your daily life.

It may be a few words or several pages. It is definitely not a “to do” list. It reflects your uniqueness and must speak to you powerfully about the person you are.

Having a personal mission statement does not mean your life changes overnight. But it will change. Your personal mission statement provides the fuel to get you there.

When you talk to successful people, they'll tell you they wrote down their values, goals, and vision for what they want ages ago. They still use it as a compass to stay on track.

A personal mission statement describes what you want for yourself in the future. It evokes your hopes and dreams and induces a sense of achievement and fulfillment.

Your Personal Mission Statement should answer three questions:

1. What is my life about (Purpose)?

2. What do I stand for (Values)?

3. What actions do I take to manifest my Purpose and my Values?

Stephen Covey writes that “an empowering Mission Statement...

- *Represents the deepest and best within you. It comes out of a solid connection with your deep inner life.*
- *Is the fulfillment of your own unique gifts. It's the expression of your unique capacity to contribute.*
- *Addresses and integrates the four fundamental human needs and capacities in the physical, social/emotional, mental and spiritual dimensions.*
- *Deals with all the significant roles in your life. It represents a lifetime balance of personal, family, work, and community-whatever roles you feel are yours to fill.*
- *Is written to inspire you-not to impress anyone else. It communicates to you and inspires you on the most essential level.*

Creating a Personal Mission Statement will be, without question, one of the most powerful and significant things you will ever do to take control of you life.

In it you will identify the most important roles and relationships in your life – who you want to be, what you want to do, to whom and what you want of give your life, the principles you want to anchor your life to, the legacy you want to leave.

All the goals and decisions you will make in the future will be based upon it. It's like deciding first which wall you want to lean your ladder of life against, and then beginning to climb.

It will be your compass – a strong source of guidance amid the stormy seas and pressing, pulling currents of you life.” - Stephen Covey, author of The Seven Habits of Highly Effective People

The more connected your Personal Mission Statement is to yourself, the better it can guide your career and your life.

Writing a personal mission statement offers the opportunity to establish what's important to you in your life. Do you have the resources, financial and otherwise to devote your life to your passion?

Or it enables us to chart a new course when we're at a career crossroads.

Steven Covey (in *First Things First*) also said that to developing a mission statement is "connecting with your own unique purpose and the profound satisfaction that comes from fulfilling it."

To help you get started on your personal mission statement, here is a five-step mission-building process. Take as much time on each step as you need -- and remember to dig deeply to develop a mission statement that is both authentic and unique.

- 1. Identify Your core values**
- 2. Discover and Define your purpose.**
- 3. Write a Draft of your personal mission statement**

Part One

Identify your core values

The first step in finding your mission is to find out what it is that you really want to achieve in life. Ultimately what we all strive for is happiness, security, passion, love, warmth, excitement, healthiness, energy, contentment, relaxation, pride, etc.

Core Values can be lived in many ways. If someone values excitement they could get this from show jumping or eventing, going on a roller coaster, doing a parachute jump, gambling on the races, backing green horses etc.

A Personal Mission Statement describes the specific ways in which you will live your key values in your life, based on your our own unique skills, passions and personality.

Clear principles act as a guide for living a life which is true to our own personal values and provide a solid foundation for everything we do. It is now time for you to discover your own mission - the first step is to find your core values.

Have a look at these questions:

1. Would you work if you didn't have to? Why?
2. In what kinds of work situations would you work harder than you ordinarily do?
3. Are there situations where you would work for less than normal pay? What would be the

compensating rewards?

4. If you could use your work to indulge in your favourite form of play, what would you be doing?

5. What activities do you pursue when you have completely free time with no obligations?

6. If you were free to schedule your working time any way you like within a 7 day \ week, what would your calendar look like?

When you set out to achieve a goal you want to be sure that goal belongs to you and not anyone else. For example, if you have a weight loss goal, make sure your goal is 100% what you want and that it is not simply a goal to please your partner who happens to like skinny women.

Your personal values relates to the things you hold dear; those things which have meaning and are of importance to you.

Every one has a personal code of conduct/ principles by which they live their lives. Your code governs the value you place on such things as, honour, integrity, sense of justice, or fairness, truth etc.

Your personal code will also shape the value you place on relationships, family, happiness, health, career for etc.

This exercise is designed to help you reach a better understanding of your most significant values.

What I Value Most...

From this list of values (both work and personal), select the ten that are most important to you-as guide to how to behave, or as components of a valued way of life. Feel free to add any values of your own to this list.

List of Values

Achievement
Friendships
Physical challenge
Advancement and promotion
Growth
Pleasure
Adventure
Having a family
Power and authority

Affection (love and caring)
Helping other people
Privacy
Arts
Helping society
Public service
Challenging problems
Honesty
Purity
Change and variety
Independence
Quality of what I take part in
Close relationships
Influencing others
Quality relationships
Community
Inner harmony
Recognition (respect from others, status)
Competence
Integrity
Religion
Competition
Intellectual status
Reputation
Cooperation
Involvement
Responsibility and accountability
Country
Job tranquillity
Security
Creativity
Knowledge
Self-respect
Decisiveness
Leadership
Serenity
Democracy
Location
Sophistication
Ecological awareness
Loyalty
Stability
Economic security
Market position
Status
Effectiveness
Meaningful work
Supervising others

Efficiency
Merit
Time freedom
Ethical practice
Money
Truth
Excellence
Nature
Wealth
Excitement
being around people who
are open and honest
Wisdom
Fame
Order (tranquillity,
stability, conformity)
Work under pressure
Fast living
Personal development
Work with others
Financial gain
Freedom
Working alone

Next Step: Elimination

- Now that you have identified ten, imagine that you are only permitted to have five core values. Which five would you give up? Cross them off.
- Now imagine that you are only permitted four. Which would you give up? Cross it off. Now cross off another, to bring our list down to three.
- And another, to bring our list down to two.
- Finally cross off one of your two values. Which is the one item on the list that you care most about?

Being clear about your values is knowing what really means the most to you. When you are clear about what is important to you, you are able to set your goals with greater clarity.

Using this technique will also enable you to see if and where you are not being true to yourself - i.e. is that weight loss goal really what you want or is your goal being set for your partner's benefit? Or is it even because of what or how you think other people perceive you? You cannot set goals based on other people's perceptions of what they think is right for you.

Part Two

Finding Your Life's Purpose

"The search for the purpose of life is one of the deepest of our experiences as human beings," says Os Guinness.

For thousands of years, the most brilliant minds--and also the simplest--have stumbled over this question. Deep in our hearts, we all want to find and fulfil a purpose bigger than ourselves,

Guinness adds, *"For each of us the real purpose is personal and passionate: to know what we are to do and why."*

Since each person is unique, it's reasonable to believe that each of us also has a purpose, a reason for being, that is unique.

Danish thinker Søren Kierkegaard wrote in his Journal: *"The thing is to understand myself, to see what God really wants me to do; the thing is to find a truth which is true for me, to find the idea for which I can live or die."*

Purpose doesn't necessarily involve grand ideas or revolutionary inventions. Instead, it often springs from a commitment to be faithful in even the humblest of tasks.

Your purpose is the essence of who you are.

It is the reason you are alive. To know your purpose, you first have to know who you are. Don't let culture, background, wealth, talents or intelligence limit you in your search for purpose.

Rather, look at these as clues to why you were born in such a place and at such a time.

- What interest, passion or desire are you most afraid of admitting to yourself and others?
- What do you love about yourself?
- Who do you know that's doing something you'd like to do? Imagine yourself doing it.
- How could you make the world a better place for yourself and others?
- What's stopping you from moving forward with exploring your passion?

"On this day, and in this time, we, too, are called upon to act," says Jeff Walling in Daring to Dance with God. *"We, too, are called to live out dreams and follow visions. Like those saints of old, we are required to make some leaps of faith...We cannot wait for certainty*

and the assurance that everything will work out like we would like it to. We must take risks if we are to live out our dreams."

It is only in the realisation of set dreams and goals that purpose rings true.

Of course, unveiling your life purpose takes time. It requires an open mind and a willingness to listen and learn.

But once you know what you are meant to do, you can meet the challenge head on. Fulfilling your life purpose requires commitment and perseverance. It won't be easy. And yet, what better hope than reaching the end of your life, and being able to say: I have lived fully.

I lived, **on purpose**.

What do you need?

To Live:	What physical and security needs do you have?
To Love:	What are your relationships needs?
To Learn:	What talents do you wish to enhance or desire to develop
To Leave a Legacy:	What contributions do you wish to make to others' lives? Make a list of the ways you could make a difference. In an ideal situation, how could you contribute best to: <ul style="list-style-type: none">● the world in general● your family● your employer or future employers

	<ul style="list-style-type: none">● your friends● your community
<p>Spend some time thinking about your priorities in life and the goals you have for yourself. Your life has a number of important facets or dimensions, all of which deserve some attention in your personal vision statement.</p> <p>Write one important goal for each of them: physical, spiritual, work or career, family, social relationships, financial security, mental improvement and attention, and fun.</p> <p>Make a list of your personal goals, perhaps in the short-term (up to three years) and the long-term (beyond three years).</p>	
<p>What I want to be:</p>	
<p>What I want to do:</p>	
<p>What I want to have:</p>	

PART THREE

Now Write YOUR Mission Statement

Now write a first draft of your personal mission statement. Rely heavily on your answers to the questions in the previous steps.

Once you have thoughtfully prepared answers to these questions and others that you identify, you are ready to craft a personal vision statement. Write in first person and make statements about the future you hope to achieve. Write the statements as if you are already making them happen in your life.

Some experts recommend 50 words or less, but I would rather see you fully articulate the vision you want for your life and your future, than be limited by word count. Your mission statement can be in paragraph form or a list of brief statements such as a creed.

Personal Mission Statement Guidelines

While there is no unique format or formula for creating your personal mission statement, the following guidelines may be helpful:

- Keep it simple, clear and brief. The most powerful mission statements tend to be 3 to 5 sentences long.
- Your mission statement should focus on and who and what you want to be as a person (character) in your life. Certain specific skills, qualifications, habits and qualities will have a significant positive impact on the quality of your life.
- Make sure your mission statement is powerful and positive. Instead of saying what you don't want to do or don't want to be, say what you do want to do or become.
- Include the values that you consider particularly important and want to develop further, as determined by the previous exercise.
- Think how your mission statement will affect the important relationships in your life.
- Create a mission statement that will guide you in your day-to-day actions and decisions. Make it a part of your everyday life.
- Make it emotional. Including an emotional pay-off in your mission statement infuses it with passion and will make it even more compelling, inspiring and energising.

Remember that your mission statement is not cast in stone. It will continue to change and evolve as you gain insights about yourself and what you want out of each part of your life.

Personal Mission Statement Sentence Templates

Here are some sample personal mission statement sentence templates to get you started:

"To ... [what you want to achieve, do or become] ... so that ... [reasons why it is important]. I will do this by ... [specific actions and skills you will need]."

"I value ...[fill in your 5 most important values]... because ...[reasons why these values are important to you]. Accordingly, I will ...[what you can do to live by these values]."

"To live each day with ...[choose one to three values or principles]... so that ...[what living by these values will give you]. I will do this by ...[specific actions you will use to live by these values]."

"To appreciate and enjoy ...[things you want to appreciate and enjoy more] by ...[what you can do to appreciate/enjoy these things]."

"To treasure above all else ...[most important things to you] by ...[what you can do to live your priorities]."

"To be known by ...[an important person/group]... as someone who is ...[qualities you want to have]...; by ...[some other person/group]... as someone who is ...[other qualities]...; ..."

Remember that your personal mission statement does not have to be perfect. This should be a work in progress.

Review your mission statement every few weeks and assess what you wish to add or delete. Your personal vision statement can change over time, depending upon what is happening in your life. You will be amazed, however, at how many components remain consistent over time.

A personal mission statement, is of course **personal**... but if you want to truly see whether you have been honest in developing your personal mission statement, I suggest sharing the results of this process with one or more people who are close to you. Ask for their feedback.

Finally, remember that a mission statement is not meant to be written once and blasted into stone.

You should set aside some time annually to review your career, job, goals, and mission statement -- and make adjustments as necessary.

Examples of personal mission statements:

"I walk up to the podium and am awarded the Olympic Gold Medal for the The huge crowd cheers. I watch proudly as my national anthem is played and my country's flag rises slowly above me."

"I educate, motivate and enable myself and all those who know me to achieve self actualization and become everything that God destined us to be."

"I am an optimist and enjoy everything that happens to me and everything I do. I am known by my family as a woman who loves and cares; by my friends as someone who is always there; by my employers as a fair, honest, responsible and hard-working individual. I respect the people who work for me and earn their respect in return. I believe that every action I take and every thought I have is directed by a sense of values and integrity that no one but God can question. I live a life with out regrets."

The final step in writing a mission is to create a one sentence overview of your life

purpose.

This is a motivating statement, designed to inspire you, to act as a reminder of who you are and what you stand for. It is used as a guide to living life in every moment of every day.

By pulling all these elements together into a mission statement you will have available to you a powerful tool to guide and focus your life and give it true meaning in a way designed just for you.

Disclaimer

This workshop is designed to promote personal growth and emotional awareness. Personal development activities present elements of emotional risk.

You are responsible for your own emotional health during and after this workshop. The workshop is designed to accelerate your progress by providing greater focus and awareness of possibilities leading to more empowering choices.

Results are due to an individual's intentions, motivation, choices and actions, supported by the material presented. The developer of this course assumes no responsibility or liability for the use of the information presented in this workshop. This includes errors due to misprinting or occlusion of detail.

This workshop is not intended to replace professional psychological or medical assistance or advice. If you have a problem that you feel is serious, or if you feel your life is somehow out of control, please contact your personal physician or a counsellor immediately.

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