

# CRAFT YOUR KICK ASS

CAREER MISSION STATEMENT IN LESS THAN 30 MINUTES

WITH COACH

MO FAUL



## WELCOME TO YOUR KICK ASS CAREER AND LIFE!

### Have you ever taken the time to craft your mission statement?

Your mission statement is your shout out to yourself and to the world that describes who you are, what you care about, why you care about it, and what you're going to do about it.

Companies have mission statements so they can communicate to their customers who they are and what they believe in.

But they also have them so that everyone who works for the company understands and buys into the principles that guide the company's practices.

It's almost like a home base of sorts. And whenever an individual or an initiative gets off track, they can reflect back on their mission statement to get realigned.

When it comes to YOUR mission statement, the same principles apply.

You get clarity on who you are, what you want, and why you do what you do.

And as choices and opportunities come your way, you can decide if they're aligned with your mission and what to do about it if they're not.

In this short exercise, we're going to focus on your career mission statement.

I want you to look at it as an opportunity to (loosely) guide the transition you're in.

The first iterations may feel bulky and messy and that's okay.

You're finding your way through right now.

The power in doing this exercise is found in the act of writing it down. When you put words to the page, you begin to own them.

Some of those words may disappoint you, make you feel anxious, or even make you want to shout from the rooftops, “Yes. Yes. YES!!!”

**Your job is to just listen to how your mind, heart and body respond as you shape and mold your mission statement.**

There’s no room for judgment or censoring or trying to get it “right”.

Because today there is no right. It’s simply not possible to do exploration wrong.

You ready?



**YOU'RE FINDING YOUR WAY**

## YOUR 30-MINUTE MISSION STATEMENT

**What follows are 9 questions that will help guide you on your way toward crafting your one paragraph mission statement.**

Remember, take it easy on yourself this first time around. If something doesn't make sense, or you find yourself going eight ways from Sunday, trust that that's exactly where you need to be today so you can get clarity tomorrow... or someday.

I recommend setting a timer for 2 minutes for each question. When you hit start, freewrite for 2 minutes without stopping. Then, when the buzzer rings, take a breath and go on to the next question. If you feel like you're not ready to move on and you have a lot more to say on a certain question, then just take a deep breath, reset the timer for 2 minutes, and let her rip. Move on when you're ready.

Before we get to the questions, put your name and date at the top of your paper. I always urge my clients to keep every iteration of their mission statement so if you're writing yours on your computer, make sure you save each version.

Being able to see that growth and look back on how far you've come, how your ideas have changed, and what's important to you over time is one of the best parts of the exercise.

Okay, let's get started.

### 1. I DEFINE MYSELF BY ...

*Who are you? What type of person are you? Are you introverted, studious, adventurous? Think of it this way, who can you not help but be?*

### 2. IN ORDER FOR ME TO BE REALLY ME, I MUST...

*There are certain things that we do without even thinking about them. But they are so big that if we don't do them, we lose ourselves and we start to function at half-mast. Exercising, journaling and connecting with others are those things for me. What are those things for you?*

### 3. I DON'T...

*Sometimes what you don't do or won't do are just as telling as what you will do. What are some activities or philosophies that guide your decisions not to do things? I have a client who doesn't engage on social media sites at all. She finds that for her they are simply time wasters that don't bring any value to her life and she'll never be wishing on her deathbed that she spent more time on Facebook. What don't you do?*

## 4. ALL OF MY CAREER I...

*What are some roles, opportunities or activities you've always sought in your career? These don't necessarily have to be good things, or things you want to repeat going forward, but they have played a big role in decisions you've made so far along your career path. Maybe all of your career (so far) you have been impressed by titles or have been chasing more and more money. Or maybe you've always had one foot out the door wishing you could be doing something else with your time. Or maybe you've just felt grateful.*

## 5. IN ORDER FOR ME TO FEEL VALUABLE AND WORTHY, I MUST GET/RECEIVE...

*What makes you feel valuable? Maybe a pat on the back, recognition of some sort, or money for a job well done? Some people feel valuable when they know they've made someone else's job or day better. Some people only feel valuable when the numbers on their deposit slips grow. What do you need?*

## 6. WHAT MAKES ME REALLY HAPPY IS...

*This can be related to work or life in general. For most people, happiness outside of work often extends to happiness at work. But not always. What makes you happy as it relates to the work you're doing now?*

## 7. WHEN I'M DOING \_\_\_\_\_, IT'S LIKE TIME DOESN'T EXIST.

*There are certain activities we participate in that make time fly. When it comes to work, what is that for you? What do you get lost in?*

## 8. MY PERFECT DAY INCLUDES PLENTY OF TIME FOR...

*Think about what you do when you've suddenly got an hour on your hands. How do you spend it? When you go to bed at night feeling worn out, what are you wishing you had more time for that day? What was missing?*

## 9. THE REAL REASON I'M HERE IS TO...

*This is one of those big life purposey questions. Maybe it stresses you out. (It stresses some of my clients out because it feels so grand.) Maybe it excites you because even if you're not doing it now, you know you're on your way. Or maybe you're not even sure you buy into the idea that you were put on this Earth to do something in particular. If that's you, then just imagine that there IS a reason you're here. What is it?*

# THE REASON I'M HERE

**Now that you've answered the questions, go back and see what themes emerged in your answers. For example, do your answers reflect someone who is craving more meaningful experiences? Do they tell the story of someone who craves more challenging activities every day so they can learn and grow? Or maybe they just tell the story of someone who is unclear and unsure.**

There is no one way this is supposed to play out.

But just for fun, let's take a stab at crafting your mission statement by picking the strongest response to each question and forming a 9 sentence paragraph.

Does it seem messy? Does it make perfect sense? Does it make you feel heavy? Or do you become instantly excited when you read it?

Your mission statement is fluid. And if you're like many of my clients who are going through significant career transitions, it's going to change a lot from day to day. And it certainly won't be the same a month from now as it is today.

That's what's exciting about it - learning about who you are and what you believe today and then seeing how you evolve and grow over time. With each writing of it, you'll get closer and closer to having the career of your dreams.

xoxo,

MO FAUL

Mo Faul, author of *Are You Living IT? 5 Secrets to Living your MOST LIFE* and producer of the film *Dream, Girl*, is the creator of the Career Breakthrough Coaching Program where she works with clients – privately and in groups – to help them align who they are with what they do. After a 10 year career working as a nurse, Mo spent over 20 years as a healthcare executive in a variety of different leadership roles. It was through this career journey that she discovered a love of mentoring and coaching. When she was diagnosed with breast cancer she decided it was time to take all of her education, training and expertise out for a spin and open her own coaching company. Today she coaches, teaches and speaks all over the country about how to turn tragedy into triumph and bring the kick ass back to your career and your life.

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