

Finding, Claiming, And Living Your Mission
That Individual Self We Were Created To Be With Purpose And Meaning.

Awakening To
YOUR MISSION
A Spiritual Gift

Finding, Claiming And Living Your Mission



*Let me remember even for an instant to hear
the voice of god and follow all his ways. I know
your voice is directing me very specifically telling
me what to do, say, think and feel in a way I can
currently hear, understanding and follow.*

*Let me awaken to the individual self I was created
to be with purpose and meaning. Until I am in
direct conscious union with this self
I can not experience wholeness.*

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A Spiritual Gift

Everyone has a Special Gift to give to others.
If you listen to the wisdom of your heart, you will know what it is.
The secret of happiness is to use your Special Gift.
The secret to abundance is to give your Special Gift to others.

CHIPPING
AWAY

Piero Soderini, a wise leader of the city of Florence wrote the following letter of introduction to the Cardinal of Voterra regarding a young artist named Michelangelo. *"His manner is such that, if appropriately treated and addressed, he will do the impossible. Be generous towards him with kindness and affection, and he will accomplish things that will astonish the world"*. It was in Florence that Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David he held in his mind. Be generous towards yourself and others with kindness and affection, and you will accomplish things that will astonish the world you live in. Chip away everything that does not look like God's Vision of you and you will experience your Heart's Desire - Purpose - Mission - His Will for you - that Spiritual Flow, flowing in conscious union with your Spiritual Gifts.

FINDING
CLAIMING
LIVING

Our Mission (awakening to the individual Self we were created to be with purpose and meaning), is indeed a Spiritual Gift and is synonymous with: our Heart's Desire, our Mission, God's Will for each individual, that Spiritual Flow, our Purpose and our Meaning. An old adage says: "God has a plan for everyone, and He has one for you." We shall never be happy for long nor experience the fullness of life until we have consciously found our true place. No other person can do this for us. No one else can seek and find God's Will for us. One of the greatest keys to finding, claiming and living our Heart's Desire, Mission is embodied in the program of Alcoholics Anonymous. This process is an additional tool to use in concert with the A.A. program. Let us remember even for an instant to seek the Voice of God and follow all His ways.

AWAKENING

How can we find, claim and live this Spiritual Gift? The truth of the matter is that it is not lost. We believe that God has whispered into our heart just what this wonderful thing is that we are to do, be, and see. It is unlikely that our Creator created us as individuals without a definite purpose in mind. He has never made two people alike; for this reason no two people could have the same mission. This also means we cannot have any real competition for our individual place in the scheme of things. We are saying that our Spiritual Gift, Mission is nothing less than God's Will for us; in that case, He should give us the means to carry it out. We believe that we have already been given all we need to consciously live our Gift; however we must awaken to it and consciously choose to live it.

AWAKEN
UNCOVER
DISCOVER

Throughout this workbook we have been offering ways to help awaken, uncover and discover our true place. The purpose of following the process is to help chip away all that is in the way of our Heart's Desire, our Spiritual Gifts. Think of the process as a tool to help build a mental, physical, emotional, social and spiritual profile of that true Self. Responding to the process will help us realize to some degree the answers to the question: What is the most important thing to be doing? Where is the most important place to be? What is the most important experience to be having? What really moves, excites or drives you? What are you willing to devote your life to? Who are the most important people in your life? *Each time you prepare to work on this process ask your Higher Power for His loving guidance.*

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ACTION

The first part of the process is to prepare you to write your Mission Statement by responding to the first set of questions. Keep your responses focused on that one question, short if possible. If you need more space use a facing page or a separate sheet of paper. Keep your Mission goal in mind as you respond to the questions.

1. What comes easy or natural for you?

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2. What do you do or want to do for fun, for enjoyment?

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3. Who do you most enjoy in work, service or play?

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4. Are you doing one thing but feel passionately called to do another?

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5. When ----- is complete I am going to -----.

--	--

6. What do you most value?

--

7. List as many of your talents as you can (ten or more).

8. Which of these talents have you buried?

--	--	--	--	--

9. Which of these talents have you multiplied?

--	--	--	--	--

10. What most excites you?

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11. What angers you the most?

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12. Do you focus mostly on the past, present or the future? Example.

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13. What movie or TV program really turns you on? Turns you off?

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14. What are the gifts you have received that could help you realize your Heart's Desire?

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15. Who first saw your Higher Self? What was their discovery of you or about you?

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16. Are you asking other people to do what you are not willing to do? What?

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17. What gifts and/or negative stuff received from others have you embraced or rejected?

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18. How can you engender the support of your current or former circle of influence to help you find and accomplish your Heart's Desire?

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19. How could the First Spiritual Gift (Awakening to the Presence of your Higher Power), help you find and live your Heart's Desire?

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20. How could the Second Spiritual Gift (Awaken as the love we are), help you find and live your Heart's Desire?

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Is there someone you may know that has worked on and/or realized his or her Heart's Desire?

21. What was this person's Heart's Desire?

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22. What resources did this person use?

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23. How did this person turn their past into their new goal?

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24. What tangible things play a key in this person's Heart's Desire?

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25. How did this person break ranks and become bold?

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26. Did this one saturate his\her deeds with prayer?

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27. What could this person have done differently?

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28. Who are your heroes past and present?

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29. Who has the life you most envy?

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30. Can you describe what you think it would be like being this person?

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31. Who is doing the kind of work or service you most desire?

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32. Can you describe their work or service?

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33. What do you want **more** of? **Less** of?

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34. Can you describe in detail your ideal work/service setting? Co-workers?

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35. Can you describe in detail your ideal work/service currently?

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36. If money were no object, what would you be doing with your life?

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37. If you only had six healthy months left to live, what would they be like?

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38. What would you do if you were ten times bolder in each primary area of your life?

Mental	
Physical	
Social	
Emotional	
Spiritual	

39. Who is the most important person?

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40. What is the most important thing you could be doing?

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41 Where is the most important place to be?

42 What is the most important decision you could make, which would cause you to be excited, moved or driven?

43 What actions could you take which would excite, move or drive you?

44 What do you stand for? What are the values by which you truly want to live your life that most excite, move or drive you?

45 What is the group or cause you are willing to devote your life to?

PREP WORK
FOR WRITING
PROFILE

The most important thing in life is to decide what is the most important.

This process may best be used as a stand-alone after you have completed your first nine Steps. The first part of the process is to prepare you to write your Mission Statement.

1. Have you responded to the first set of questions?
2. Review your responses to the above questions.
3. Review your responses to your Assets (p12) and Rules/Patterns (p26) List Boxes. These List Boxes were to be filled out before you started this process. This review is to update these List Boxes and to draw out additional ideas about your Mission.
4. Review your work on, Finding The Core Of Perfectionism (p59).
5. On a facing page or a separate sheet of paper write a profile of your Heart's Desire, Mission.

WRITING
PROFILE
TO INCLUDE

Your simple Mission Statement is to include the following: (With **Response**).

1. Include the cause, organization, group in which you are willing to devote your life to. Who do you most want to serve or share your life with? **Response:** *I willing to devote my life to sharing my Spiritual Gifts with those I am drawn to.*
2. Include what you stand for. What are the values by which you live by; which most excite, inspire, move or drive you? **Response:** *The awakening to my Spiritual Gifts is what most excites, inspires and moves me.*
3. Include the action words which most excite, inspire, move or drive you. What are the actions you must take to consistently live your Mission? **Response:** *The conscious, consistent actions I must take to accomplish my mission is to communicate and demonstrate the chipping away all that is not these Gifts.*

Example: *I willing devote my heart, mind and soul to the awakening of my Three Spiritual Gifts. I am willing to share my experience, strength and hope to communicate and demonstrate the chipping away all that is not these Gifts, with all I am drawn to.*

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ACTION

After you finish your profile *reduce it to a simple MISSION STATEMENT*
We want this Statement to be inspiring, exciting, clear, simple, powerful, all encompassing, engaging and in the present tense. Now, commit it to memory.

VISION
STATEMENT

Now let's build a picture, a visualization, an ideal image of how your Spiritual Gift will look after it is realized. God's individual will for each of us comes through God's grace, but we must be able to open up and receive that grace and live it.

1. **LONG-TERM GOAL** - Your Mission, Heart's Desire or Spiritual Gift acts much like a long-term goal. Once our long-term goal is firm it tends to draw us toward that goal.
2. **INTERMEDIATE GOALS** – To reach our long-term goal, Mission, Heart's Desire we must have intermediate goals (perhaps a needed skill). These goals may take from a few months to a few years.
3. **DAILY GOALS** – To reach our intermediate and long-term goals we must do it through our daily, moment-to-moment actions, thoughts and feelings in conscious union by choice.

Once we realize that our emotions are the Divine energy that motivates us, when we are in concert with God's Will for us, we experience positive, good or loving feelings, which motivate us toward God's Will. When we are in conflict with God's Will for us, we experience negative, sad, angry or fearful feelings, which move us away from God's Will. Our emotions can be a very powerful early warning system.

ACTION

The next part of the process is to prepare you to write your Vision Statement by responding to the following set of questions. Keep your responses focused on that one question, short if possible. If you need more space use a facing page or a separate sheet of paper. Keep your Mission goal in mind as you respond.

1. Using your imagination, list four wonderful and surprising things that could possibly occur as a result of your Heart's Desire, your Third Spiritual Gift.

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2. Who might be the one to help you carry out your mission?

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3. Whom or what will you have to revitalize in order to make it happen?

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4. Whom or what will you have to confront in order to get the supplies or authority?

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5. If you were ten times bolder, what would you do different?

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6. If you were to write a prayer with great sincerity and intensity about your mission, what would it say?

7. Would it be possible for you to imagine three years from today by living your mission?

8. What are you doing after three years? Who are you sharing your Heart's Desire with?

9. Imagine you are now a very old person, and one asks, "What are you most proud of about your life?"

10. You are about to die. What did you accomplish before you left?

11. As a result of your having lived, three things have changed or shifted in the world. What are they?

ACTION

The is an on-going inventory, but the first use of it is to help you prepare the writing of your Vision Statement. It is always useful to write out your response. Write your response to the following in your Vision Statement prep work. Until you fully realize your Heart's Desire it is suggested that you review these every month or so.

1. Get the facts.
 - a. How much do you know about your Heart's Desire?
 - b. What is your source of knowledge?
 - c. When was the last time you updated your knowledge base?
2. Set your goals (long term, intermediate, daily). Tie the three of these together.
 - a. What is your primary long-term goal (Heart's Desire)?
 - b. Are they written down?
 - c. Have you communicated it to others? Could they recite it verbatim?

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3. Examine, educate, and enlist your resources.
 - a. Make a list of your resources. Include such items as: time, talents, training, health, finances, friends and hobbies.
 - b. Make a list of all the people you know that might be able or willing to help you with your Heart's Desire.
 - c. Ask these people to help you. Communicate why it would be good for them to help you accomplish this Heart's Desire.
4. Turn old business (service) into new business (service).
 - a. Which contacts from your past might be willing to help you again?
 - b. What dreams or talents did you once have that could be reawakened?
 - c. What could you do to rekindle a fire that has almost gone out?
5. Give others something tangible to remember you by.
 - a. What tangible things do you give people to help them remember you by?
 - b. How many of those are unimaginative and ordinary?
 - c. How could you be more creative in getting your message across - and making it memorable?
6. Break ranks. Be bold.
 - a. Where and why are you currently marching in place?
 - b. Who is going to give you permission to take the steps you need to take?
 - c. What would you do if you were ten times bolder? Go out, and do it.
7. Get visible.
 - a. What are you doing to become visible?
 - b. Who offers a positive example of visibility in your community or workplace?
 - c. Are you really open when it comes to sharing your Heart's Desire?

ACTION

Write out your VISION STATEMENT: We want this Statement of what our Heart's Desire, Mission will look like after it is realized to be inspiring, exciting, clear, simple, powerful, all encompassing, and engaging. Now, commit it to memory.

ACTION

With every new beginning turn briefly to your Higher Power. In other words, make a habit of it. Remind yourself daily of your Mission.

Additional suggestion:
In Book One there is a very useful Daily Practice in Step Twelve – In the Daily Practice Sheet you are ask to start your day with a plan of action for the Spiritual, mental, physical, emotional, and social – Check it out for 40 days.

Use a Daily Journal for no less than 40 days (the longer, the better) as follows:

1. At the top of a sheet of paper write your Mission.
2. Draw a line down the middle of the page.
3. On the left-hand side write each day what you experienced that contributed to your Mission.
4. On the right-hand side write each day what you experienced that was contrary to your Mission.

You will quickly realize old stuff repeating – then you can make a new decision about these. The first decision we believe would be turn them over to your Higher Power.

YOUR HEART'S DESIRE - YOUR SPIRITUAL GIFT – YOUR MISSION

Contributed to:	Contrary to: