



Life Mission Playbook

*5 Inspiring Quotes * Wisdom Nuggets * Life Mission Exercises * Steps you can take now*

5 Inspiring Life Mission Quotes

Here is the test to see if your mission in life is finished: If you're alive, it isn't.

- Richard Bach

"The two most important days in life are the day you born and the day you find out why."

– Mark Twain

"You were not meant for a mundane or mediocre life!"

— Steve Maraboli

"Your purpose in life is to find your purpose and give your whole heart and soul to it"

— Buddha

"My wish for you is that you fall so much in love, and fall so completely, that you once and for all surrender into your passion and your purpose."

– Daniel Goodenough



10 Wisdom Nuggets about Life Mission

1. Life mission includes the change we want to make in the world, and it is also about who we become in the process and why we want that change.
2. Life mission is for everyone; we all have one.
3. Life Mission includes why you are here, what you are here to do and who you are here to become in the process, and how you are here to do it.
4. A person can be outwardly successful in their life because they have figured out how to do so; that doesn't mean they are connected to their "why", a greater sense of meaning for their life, and who they are becoming in the process.
5. What comes easily to you may be a part of your life mission and a better indicator is what you find both challenging and satisfying to do.
6. You have a work life mission, a relationship life mission, a community service life mission, a family life mission, a hobby life mission – and all of these expressions connect to your central life mission agreement.
7. Life mission is an agreement with the One who sent you, whatever that means to you. It is something to be remembered, as it is already in your blueprint for being.
8. While there is a blueprint within us for our life missions, it also has an emergent, evolutionary quality, and so it is an ongoing conversation with life and Spirit.
9. Remembering life mission is not a "one and done" step; it is a process that becomes a delightful exploration as we build skill with asking the questions.
10. Life mission is a choice that we are invited to choose each day.



Life Mission Exercises

Exercise 1: Watch a movie and/or listen to a song related to life mission. See the list below for some examples. When watching or listening, notice what jumps out at you. What feels significant?

Life Mission Movies	Life Mission Songs
Arrival A Winter's Tale Field of Dreams Schindler's List The Adjustment Bureau The Legends of Baggar Vance The Pursuit of Happyness The Truman Show	Crossroads—Don McLean Here on Earth - Tim McGraw I Hope You Dance—Lee Ann Womack Life Uncommon—Jewell This is Me—Keala Settle Where Do the Children Play—Cat Stevens When You Gonna' Wake up—Bob Dylan "You Gotta Be" by Des'ree

Exercise 2: What are your favourite books, collections, childhood stories? Why are you drawn to these things?

Exercise 3: Identify 3 people who you think are living their life mission. Why do you think this?

Tip: It is not important if they actually are living their life mission; it is more important (and interesting!) to consider why you think they are.

Examples:

- Famous people you admire
- People you consider successful
- Friends, family members, and colleagues
- Historical people

Exercise 4: As a detective, survey your home. Ask yourself, who this person is who owns these things and why. What can you tell about this person's priorities? What kind of life does this person who owns these things have? What is her or his life about?



Steps you can take now to move forward on your life mission:

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Take the [Life Mission Quest quiz](#) (if you haven't already).

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Check out [The Caravan of Remembering](#) by Daniel Goodenough.

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About: *The Caravan of Remembering Initiative* is dedicated to the remembrance of life mission - why we are here, who this calls us to become and what this calls us to do. We are a small group of Caravan Guides working in collaboration with Daniel Goodenough.

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