



10 Reflections 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.