# Coaching Tip: Mission Impossible????

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"To understand the heart and mind of a person, look not at what he has already achieved, but what he aspires to."-Kahlil Gibran In the last 5 years you have been somewhere in life and or business.  Were you focused on where you were going, what you would accomplish, when you would accomplish it?  It is truly impossible to be effective in life without setting a direction, (goals) knowing the purpose of those goals, (mission) and what you want the result of your achieving them to look like. (vision) Here is your opportunity to clearly create the *Mission Possible* for your life and business. **Mission**: A statement that provides clarity and sense of purpose.  It is your promise to achieve your goals.  It is a road map to attain results.  You are the leader of your life when you make a statement and aspire to it. **Activity:** Brainstorm:

* What are the qualities and values you have?
* What do you want to accomplish in the next 5 years? Ten years?
* What do you find rewarding in life or work?

Write your mission statement: Start with:  My purpose is to.........so that.........will be able to ............. Your mission will change periodically.  You can write your mission as a poem, sentence, whatever inspires you to move along and be somewhere, having done something that you know will be of value to yourself and others. **I am curious to know how this activity impacted your way of thinking.  Please take advantage of these coaching tips. Save them in a file, work on them weekly, go back to them periodically.** Email me at: [isabel@uniquepathways.com](mailto:isabel@uniquepathways.com) so we can talk about your journey.