



# Well Powered Living

## *Overview and Mission Statement*

What is Well Powered Living?

- Having the energy to do what you love
- Spending your energy on the things that matter most to you

Full Engagement leads to improvement in:

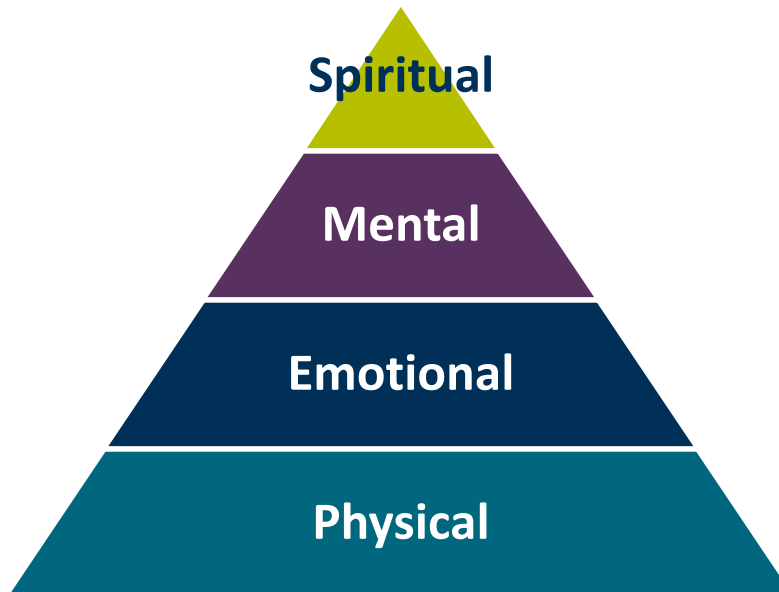
- Performance and Productivity
- Happiness
- Health

Motivation

- Find what inspires you, and focus on that to make changes in your life.
- Don't just think about what you want to change, but why you want to make the change.
- What will improve in your life as a result of this?

Energy

- Energy is an important resource that we have as we try to meet our goals.
- We should learn how to manage our energy, not just our time.





### Spiritual Energy

- Energy associated with our deepest values.
- What is important to you?
- Do you feel that you have meaning in your life?

### Mental Energy

- Being present in the current moment, focused, and aware.
- Influenced by multi-tasking and public vs. private voice.

### Emotional Energy

- Relates to interpersonal effectiveness, confidence, and managing adversity
- Negative vs. Positive and High intensity vs. Low intensity Emotions

### Physical Energy

- Nutrition
- Exercise
- Recovery / Sleep

### Developing a Personal Mission Statement

- You need to effectively manage your energy in order to do what is important to you.
- How do you figure out what is most important to you?
- Develop a personal mission!

### Personal Mission

- Reveals purpose in life
- Powerful tool for personal navigation
- Driver of engagement
- Provides direction for your energy

### Create a Ritual (SMART goal)

- Choose something from each class that you want to work on over the next week.
- Start by thinking of a habit that you do that prevents you from reaching your goal
- Turn it into a SMART goal
- S = Specific, M = Measureable, A = Achievable, R = Relevant, T = Time-bound
- This new ritual should support the success of your personal mission



# Well Powered Living: Class 1

## *Energy and Motivation*

### I. Assessment

What is important to you? Rank these in order of importance:

- \_\_\_\_\_ Job Performance
- \_\_\_\_\_ Health
- \_\_\_\_\_ Happiness
- \_\_\_\_\_ Family
- \_\_\_\_\_ Work-Life Balance

What actually gets the most priority in how you spend your time and effort? Rank them again.

- \_\_\_\_\_ Job Performance
- \_\_\_\_\_ Health
- \_\_\_\_\_ Happiness
- \_\_\_\_\_ Family
- \_\_\_\_\_ Work-Life Balance

Is there a difference in your rankings?

What is stopping you from matching up your priorities with your real life?

Are there changes you can make to bring these closer together?

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II. Writing a Mission Statement

Questions to ask as you determine your “mission”:

- What do you want to leave behind? How do you want to be remembered?
- How do you want people to describe you?
- Who do you want to be?
- Who/what matters most to you?
- What are your deepest values?
- How would you define success in your life?
- What makes your life really worth living?

**Practice writing your mission statement**

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Examples of Personal Mission Statements:

*My mission is to be a dedicated, caring person whose actions and words will leave a lasting impact with my partner, friends, work, and community.*

*My mission is to be a wonderful wife, mother, daughter, and neighbor. I want to be remembered as a person of genuine faith whose words are backed by her actions.*

*I want to be the most loving, trusted friend, and co-worker. I want to be successful in making a difference and achieving goals without compromising my values.*

**Mission Statement Ritual:**

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