



# Well Powered Living 3.0

## *Class 1: A Review - Purpose & Ultimate Mission*

### What is Well Powered Living?

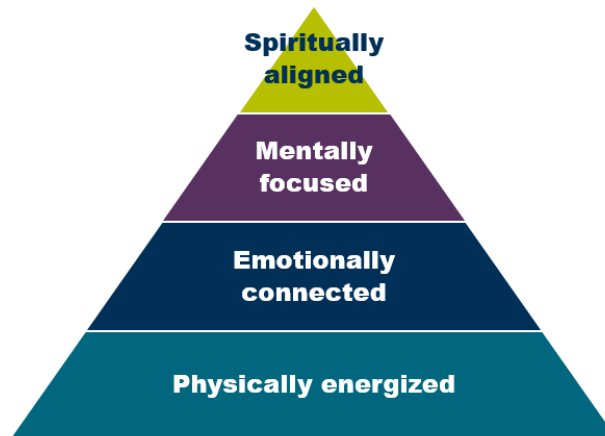
- Having the energy to do what you love
- Spending your energy on the things that matter most to you

### Full Engagement leads to improvement in:

- Performance and Productivity
- Happiness
- Health

### Energy

- Energy is an important resource we have as we try to meet our goals.
- We should learn how to manage our energy, not just our time.
- When we invest energy into the things we do, we become more engaged.



### Developing Your Purpose

What kind of person did I want to be when I grew up?

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What is something that I would be proud to accomplish? There are no limits!

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## Writing a Mission Statement

- Who do you want to be?
- What matters most to you?
- How do you want to be remembered?
- How do you want others to describe you?
- How would you truly define success in your life?

**Writing Your Ultimate Mission**

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## Examples of 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 back 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.

**What does success look like to you?**

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## Writing Rituals

- Ritual - an intentional choice/action we do with a purpose beyond the scope of the action itself
- Habit - something we do automatically without thought or intention
- Your rituals should help get you to your ultimate mission. Eventually, your rituals could become habits.
- Make your rituals SMART - Specific, Measureable, Achievable, Relevant and Time-bound