

## Insight Action Guide | Find The Eddy

### Find Your Voice

We've all been there ... Moving at full speed and with so much intense pressure from all directions that it's hard to remember where we're going and why. We just know we have to get there – yesterday! There's a better way. We still need to move quickly, but with purpose. We need to slow down long enough to connect (or re-connect) with the cornerstones of our leadership that provide the foundation for how we live our lives.

Give each question plenty of thought and answer them all honestly. Then read over them again a few days later and tweak them as necessary. Your answers will become your guide to where you are going and how you will get there. Providing raw, authentic responses that you can own might make you a bit uncomfortable at times, but it will help you grow to be a leader worth following with legacy worth remembering.

## Mission and Vision

Your personal mission and vision defines your reason for being – not just at work, but in all of life. As Peter Drucker put it, your mission defines why you do what you do. A good mission statement clearly articulates what you want to do in the here-and-now. A good vision statement clearly describes how you see your future. Together, they help guide both your short- and long-term decisions, especially when you're under pressure. Both are built by understanding who you are, what matters to you, and how you can best contribute to the world around you. The following exercises will help you establish a personalized mission statement and vision framework.

### Discover Your Passion

What three things bring you the most fulfillment in life?		
Are you willing to sacrifice for what brings you the most fulfillment? Have you given up something to pursue it? Now, boil it down to one thing. Maybe one common thread. What are you most passionate about in life?		
If you had a blank slate with no boundaries, what would you do? (Write in the present tense.)		

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What are the four most important roles in your life? (friend, salesperson, public servant, entrepreneur, student, uncle, husband, mother, parent, pastor, volunteer, grandparent ...)			
What qualities do you want to be known for in each role?			
What evidence proves you have those qualities?			

## Your Values

Values shape how you think and what you do. They drive your decisions when things are going well and when things get rough. They are your filter for knowing when to say *yes*, when to say *no*, and when to say *not now*. Owning your values helps you remain proud of who you are becoming while continuously moving forward to do what you are called to do.

	Instructions: Say, I value being ... or I value ...					
<p><b>Step 1</b>   Place a check next to the 25 most important values for your life. Use the blanks to write in values that are not listed but that are important to you.</p> <p><b>Step 2</b>   Highlight the top 10 values from your list of 25.</p> <p><b>Step 3</b>   Rank the top 10 values from 1-10 with No. 1 being the most important.</p> <p><b>Step 4</b>   Circle your top 5 values.</p> <p><b>Step 5</b>   Record your top 5 values on the next page, along with the reason you find each important.</p>	<input type="checkbox"/>	Ambitious	<input type="checkbox"/>	Harmony	<input type="checkbox"/>	Recognition
	<input type="checkbox"/>	Adaptability	<input type="checkbox"/>	Self-care	<input type="checkbox"/>	Relationships
	<input type="checkbox"/>	Affection	<input type="checkbox"/>	Honesty and Integrity	<input type="checkbox"/>	Reserved
	<input type="checkbox"/>	Analytical	<input type="checkbox"/>	Hopefulness	<input type="checkbox"/>	Respect
	<input type="checkbox"/>	Autonomous	<input type="checkbox"/>	Humor	<input type="checkbox"/>	Responsibility
	<input type="checkbox"/>	Caring	<input type="checkbox"/>	Inclusive	<input type="checkbox"/>	Risk-Taking
	<input type="checkbox"/>	Cautious	<input type="checkbox"/>	Innovation	<input type="checkbox"/>	Security
	<input type="checkbox"/>	Challenge	<input type="checkbox"/>	Intelligence	<input type="checkbox"/>	Self-Confidence
	<input type="checkbox"/>	Collaboration	<input type="checkbox"/>	Loyalty	<input type="checkbox"/>	Serving others
	<input type="checkbox"/>	Communication	<input type="checkbox"/>	Methodical	<input type="checkbox"/>	Simplicity
	<input type="checkbox"/>	Competition	<input type="checkbox"/>	Modest	<input type="checkbox"/>	Sociable
	<input type="checkbox"/>	Cooperation	<input type="checkbox"/>	Open Mindedness	<input type="checkbox"/>	Speed
	<input type="checkbox"/>	Courage	<input type="checkbox"/>	Open to Change	<input type="checkbox"/>	Spirituality and Faith
	<input type="checkbox"/>	Creativity	<input type="checkbox"/>	Option Oriented	<input type="checkbox"/>	Supporting
	<input type="checkbox"/>	Curiosity	<input type="checkbox"/>	Organization	<input type="checkbox"/>	Teamwork
	<input type="checkbox"/>	Decisiveness	<input type="checkbox"/>	Patience	<input type="checkbox"/>	Tolerant
	<input type="checkbox"/>	Dependability	<input type="checkbox"/>	Persevering	<input type="checkbox"/>	Trust
	<input type="checkbox"/>	Devoted	<input type="checkbox"/>	Persuasive	<input type="checkbox"/>	Uniqueness
	<input type="checkbox"/>	Fairness	<input type="checkbox"/>	Positivity	<input type="checkbox"/>	Winning
	<input type="checkbox"/>	Family Time	<input type="checkbox"/>	Power	<input type="checkbox"/>	Wisdom
	<input type="checkbox"/>	Flexibility	<input type="checkbox"/>	Principled	<input type="checkbox"/>	Excellence
	<input type="checkbox"/>	Forceful	<input type="checkbox"/>	Productivity	<input type="checkbox"/>	Self-Awareness
	<input type="checkbox"/>	Fun	<input type="checkbox"/>	Prosperity and Wealth	<input type="checkbox"/>	
	<input type="checkbox"/>	Growth	<input type="checkbox"/>	Quick to Act	<input type="checkbox"/>	

Top 5 Values	
Value	Reason (share the reason why this value is important to you)
<i>Example: Relationships</i>	<i>Everything I do is in relationship with a family member, team member, client or vendor. Strong relationships help us all live healthier, more fulfilled lives together.</i>
1.	
2.	
3.	
4.	
5.	

### Your Mission Statement

Based on the passions, strengths, and values you outlined above, write your personal mission statement. Write it in present tense, but don't worry for now about being a perfect wordsmith. You can fine-tune it later.

Need an example? David Miller once was an executive in the international investment banking industry. Now he is on the faculty at Princeton, where he is director of the Faith and Work Initiative. Here's how he once described his personal mission statement: "To help leaders, current or future, integrate the callings of their faith with the demands of their work."

Now, what's yours?


### Your Vision Framework

Now use your mission statement, along with the previous responses, to create a framework for your future.

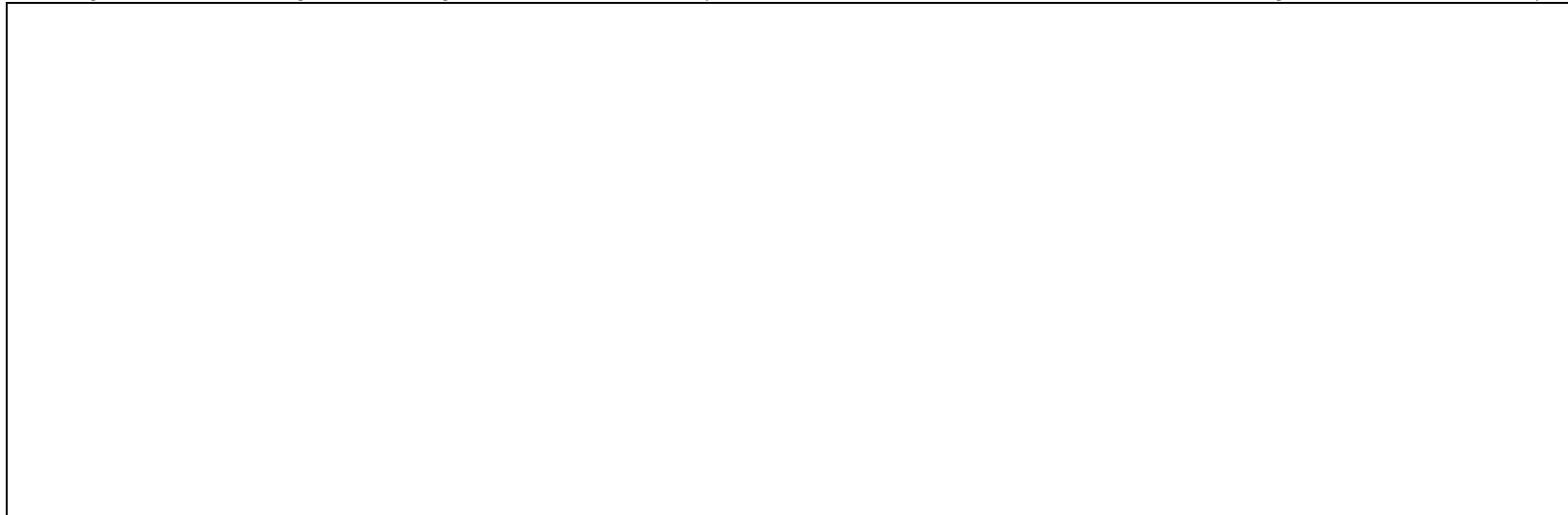
90 days from today, I want my life to look like ... (include details about each of the four roles you identified earlier)

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One year from today, I want my life to look like ... (include details about each of the four roles you identified earlier)

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Three years from today, I want my life to look like .... (include details about each of the four roles you identified earlier)

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.....  
Ten years from today, I want my life to look like ... (include details about each of the four roles you identified earlier)

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