

Your Philosophy of Life

If you could share one bit of wisdom with the whole world, what would it be?

Is there anything you would be willing to put it all on the line for? If so, what?

What has been the most important lesson you have learned in your life? Why was it the most important?

Briefly, what is the basic philosophy of your life?

Personal Bill of Rights and Responsibilities

Take the opportunity to declare your “Personal Bill of Rights and Responsibilities.” In creating this list, you will clarify your personal standards of behavior: what you expect of yourself, what you view as your responsibility to others, and what you will and will not tolerate—of yourself or of others.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Instant Recall

Reviewing highlights from your past may reveal clues to your life's work. Additionally, the following questions may help you get a feeling for what it would be like to actually be engaged in your life's work. When giving your answers to the questions below, do not limit yourself to previous work experience. Draw upon your entire life experience.

Recall times when you have been most creative. These are times when you created something (an event, a thing, a product, a system).

Recall times when you have been most committed. These are times when you were deeply involved, emotionally committed, and determined to persist in spite of all obstacles. _____

Recall times when you were most decisive. These are times when you knew exactly what to do. You knew you were right, and you acted deliberately and confidently, perhaps even in spite of the doubt and objections of others. _____

Recall a time when everyone said you couldn't do it, but you knew you could, and you did it anyway. What was it? How did it feel? _____

Recall times when you have been so absorbed in what you were doing that you hardly noticed the time. What were you doing? _____

What do you consider to be the greatest accomplishment of your life? Why?

What is the most exciting thing you have done in your life? Why?

When have you taken the strongest stand in your life? What were you standing for?

Review your answers to the questions above with a view toward what they might suggest to you about your life's work. Look for patterns, redundancies, events that you repeatedly recalled. What insights do your answers suggest? Write these in the space below.

Know Thy Values

After you have read the preceding discussion, answer the questions below. (Refer to the examples given in the discussion if you are unclear as to the nature of each kind of value.)

What universal values speak most powerfully to you? Why? _____

What cultural values speak most powerfully to you? Why? _____

What individual values speak most powerfully to you? Why? _____

Below is a list of values. Put a check in front of those that are most important to you. Check no more than ten.

- | | | |
|-------------------------------------------------|----------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> <i>Truth</i> | <input type="checkbox"/> <i>Honesty</i> | <input type="checkbox"/> <i>Service</i> |
| <input type="checkbox"/> <i>Peace</i> | <input type="checkbox"/> <i>Leisure</i> | <input type="checkbox"/> <i>Compassion</i> |
| <input type="checkbox"/> <i>Love</i> | <input type="checkbox"/> <i>Nonviolence</i> | <input type="checkbox"/> <i>Strength</i> |
| <input type="checkbox"/> <i>Loyalty</i> | <input type="checkbox"/> <i>God</i> | <input type="checkbox"/> <i>Patience</i> |
| <input type="checkbox"/> <i>Integrity</i> | <input type="checkbox"/> <i>Creativity</i> | <input type="checkbox"/> <i>Drive</i> |
| <input type="checkbox"/> <i>Innovation</i> | <input type="checkbox"/> <i>Fame</i> | <input type="checkbox"/> <i>Ambition</i> |
| <input type="checkbox"/> <i>Health</i> | <input type="checkbox"/> <i>Wealth</i> | <input type="checkbox"/> <i>Achievement</i> |
| <input type="checkbox"/> <i>Beauty</i> | <input type="checkbox"/> <i>Justice</i> | <input type="checkbox"/> <i>Unity</i> |
| <input type="checkbox"/> <i>Abundance</i> | <input type="checkbox"/> <i>Courtesy</i> | |
| <input type="checkbox"/> <i>Gentleness</i> | <input type="checkbox"/> <i>Nonattachment</i> | <i>Other</i> |
| <input type="checkbox"/> <i>Resourcefulness</i> | <input type="checkbox"/> <i>Discipline</i> | 1. _____ |
| <input type="checkbox"/> <i>Calmness</i> | <input type="checkbox"/> <i>Sense of belonging</i> | 2. _____ |
| <input type="checkbox"/> <i>Community</i> | <input type="checkbox"/> <i>Courage</i> | 3. _____ |
| <input type="checkbox"/> <i>Family</i> | <input type="checkbox"/> <i>Independence</i> | 4. _____ |
| <input type="checkbox"/> <i>Freedom</i> | <input type="checkbox"/> <i>Simplicity</i> | 5. _____ |
| <input type="checkbox"/> <i>Humility</i> | <input type="checkbox"/> <i>Friendship</i> | 6. _____ |

Which values do you most want to characterize your life?

Overall, which values are most important to you in your life?

Prioritize your top values and list them below.

1. _____
2. _____
3. _____
4. _____
5. _____

Then, define each of these values in terms of its significance and meaning to you.

Value #1: _____

Value #2: _____

Value #3: _____

Value #4: _____

Value #5: _____

Your Mission Statement

Review all of your answers to the “Vision Questing” and “Clarifying Values” sections; then write out your life’s mission in the space below. Your Mission Statement answers the question, “What am I here to do on this earth?”

Now review what you have written, and write a condensed Mission Statement. State the mission of your life in no more than two sentences.
