

*“Alas for those that never sing,
but die with all their music in them.”*

Oliver Wendell Holmes, “The Voiceless”



My Personal Mission
Workbook

With Simon Jacobson,
Dean of the Meaningful Life Center

CONTENTS

Course Outline

Module 1: Your Personal Mission	Page 4
Module 2: Overcoming Challenges	Page 8
Module 3: Discovering Yourself	Page 15
Module 4: Honing Your Mission	Page 33
Module 5: Living Your Mission	Page 39
Module 6: Getting Committed	Page 48

COURSE OUTLINE

Module 1: Your Personal Mission

Module 2: Overcoming Challenges

Module 3: Discovering Yourself

Module 4: Honing Your Mission

Module 5: Living Your Mission

Module 6: Getting Committed

This masterclass is for you if:

- you are feeling stuck in the daily grind of life
- you have anxiety & blues that can come along with being confused about your purpose
- you are seeking a fresh lens to distinguish new horizons
- you have clarity but can't define the process for achieving their goals
- you wish to connect with your soul more intimately

How to use this Resource Guide:

Rabbi Simon Jacobson will guide you through this resource guide with accompanying audio.

The resource guide contains tools, exercises, and additional reading and resources.

Don't get hung up on exercises if you are not feeling open enough to complete them. Come back to it when you have the right head space and are feeling emotionally honest.

“Your mission is the closest thing that describes the purpose of your life, the direction it is taking, and the larger goals you want to achieve. Thus, a mission is not about short-term gains, financial goals, and other means—but about what mark you, and you alone, will make on your world.”

—Rabbi Simon Jacobson

Note:

Being that this journey is a deep, introspective one, in which you will find your unique voice, its success will be directly dependent on the time, effort, and energy you invest in it. As you travel through this course, you'll see the infinite benefits and results in your life. The breakthrough moment is when you come to the realization that you can do far better and reach greater potential.

MODULE 1

YOUR PERSONAL MISSION

“Every company, no matter how big or small, needs a mission statement as a source of direction, a kind of compass that lets its employees, its customers, and even its stockholders know what it stands for and where it’s headed.”

—**Jeffrey Abrahams**

101 Mission Statements from Top Companies

A. WHAT IS A MISSION STATEMENT?

In business terms, a mission statement is a one sentence statement describing the reason an organization or program exists. It is used to help guide decisions about priorities, actions, and responsibilities.

It is clear, concise, and unique to the company or person—in other words, not generic. It lends focus, direction, purpose, efficiency, helps set priorities, and unifies all employees or elements that make up the company or person.

Examples of Mission Statements

Google: “To organize the world’s information and make it universally accessible and useful.”

Starbucks: “To inspire and nurture the human spirit—one person, one cup, and one neighborhood at a time.”

The Starship Enterprise, from the popular science fiction entertainment series “Star Trek”: “Space, the final frontier. These are the voyages of the starship Enterprise, its continuing mission to explore strange new worlds, to seek out new life and new civilization, to boldly go where no one has gone before.”

The Preamble to the United States Constitution: “We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.”

I have asked many people to define their personal mission statements. Most people answered: “to be happy,” “to make a lot of money,” “to establish security,” “to provide for a healthy family,” or on a more personal level: “to live a fulfilling life,” “to make a difference,” “to make this world a better place.” All these answers are good, but they don’t answer the question. It would be like saying that the mission of your business is “to make a lot of money,” or to “make a difference.” Every business wants to make money and offer an indispensable product to customers. A mission statement is not a generic declaration that can fit any company or organization, but one that is unique to YOU. How do you intend on making money? What will be the exact function of your company? On the personal level: How do you intend on being happy? What exactly will make you happy? What will you do with the money you make?

B. WHY YOUR MIDLIFE SLUMP IS ACTUALLY A “WAKE-UP CALL” FROM YOUR SOUL

Just as your body speaks to you to let you know when it's in need, your soul also speaks to you. Except—your soul speaks a different language. When you are hungry, your body informs you through hunger pangs. When you're in need of sleep, your body calls you through feelings of fatigue and exhaustion. When there is a problem in your physiological system, your body will cry out in pain. Your nerves sense the problem and send you a message telling you to do something.

Your soul speaks to you in a similar manner: When your inner psyche feels deprived, it will let you know through feelings of anxiety or frustration. It may speak to you in terms of feeling down and disoriented. Bored, stuck, tired, trapped, or frustrated—if you are feeling any or all of these, you need to see them as wake-up calls.

Any slump you experience is your soul telling you wake up and do something about it. Ignoring this is like ignoring pain, which is a warning signal cautioning you to act.

All these negative feelings are meant to direct you from a scattered, fragmented existence to a focused one. Instead of dwelling on your immediate frustrations, you want to create a focused goal—of finding and living up to your mission.

C. WHAT IS THE CRITERIA OF A PERSONAL MISSION STATEMENT?

- It distinguishes between means and end.
- A mission statement is not about you, but about a higher cause.
- Unlike a company, your mission statement must align with your soul.



VISUALIZATION:

A PERFECT CIRCLE

Instructions:

Attempt to draw a perfect circle around this dot without any instruments. Without spokes to anchor the circle, chances are, it will be imperfect.



Thinking Point:

Picture your life as a circle. The values that you hold most dear are in the center of the circle. What word or phrase would you put in the center of your circle? What is the theme around which all the spokes circle?

MODULE 1 TAKEAWAY

Your first step toward finding your personal mission is to take an objective look at your daily life as it is now. Second, we looked at what a mission statement is and why it's so important, and began the process of writing one by pinpointing what values you hold most dear.

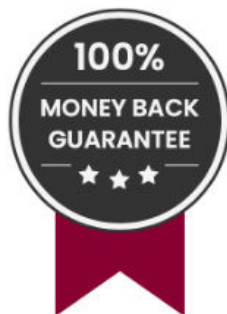


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