

My Life Purpose: _____

Declarations

Lined writing area for declarations, framed by large black curly braces on the left and right sides.



My 2019 Vision



My 2019 Word of the Year

Habits, Rituals & Goals to Support the Vision & Declarations



Draft your Life Purpose Statement

There are whole books written on this topic, and you could spend a lifetime crafting the perfect purpose statement; however, it's possible to come up with a strong one that you feel connected to in 10-15 minutes or less using the following formula:

I help (people / group) to (achieve something meaningful) by (sharing your strengths, gifts and talents).

Ex. I help individuals and groups be true to their calling and lead the life they love by coaching them to their full potential.

Tip: Your purpose statement is always a reflection of how you will serve others using your unique gifts and talents. Don't worry about getting this perfect, and remember you can always alter it.



Come up with your 2019 Vision & Declarations

Answer this question: It's one year from now and you're toasting and reflecting on how your year went with a glass of Champagne (or my favorite, Prosecco). What are you celebrating?

This will lead you to a high-level view of what's important to you and what you want to create during the year. Consider the different areas of your life to get a well-rounded picture: Spiritual, Well-Being, Family, Finances, Career, Adventure, Personal Growth & Development etc. Write these inside the brackets.

Tip: The vision statement in the center circle should contribute to your life purpose statement but be more focused on the year timeframe. The ten blanks around that vision should reflect big picture intentions for what you want the look and feel of your year to be. Go to firstleadyou.com for the blog post on this topic for how I filled mine out and additional help.



Map supporting Habits, Rituals & Goals to help you achieve your Vision

For each of your declarations for the year, come up with a habit, ritual or goal that will help you reach your vision. These go outside the brackets. For example, if 'fun and adventure with my family' is a declaration, perhaps 'annual beach trip in May' is a supporting goal. Or if 'abundant flow in my finances' is a declaration, perhaps 'create and stick to a monthly budget' is a new habit to start. These outer statements should be the 'how-to's' for ending the year with your vision completed.



Decide on your Word of the Year

You can decide on your word based on how you want to feel once you've achieved your vision and make that feeling your word (ex. satisfied, content, peaceful) OR you can look over your vision, rituals, habits and goals and see if there's a word that would tie it all together and choose that one. There's not right or wrong, but this word will serve as a centering tool for becoming who you want to be in 2019.