



See Thyself. Be Thyself. Love Thyself.

There are countless activities and rituals that could be deemed spiritual practices. Anything that allows you to quiet your mind and connect with your deepest self could be considered a spiritual practice. Some ideas are: meditation, conscious breathing, journaling, reading spiritual texts, yoga, going for a walk, painting, dancing, writing in a gratitude journal, singing/chanting and playing golf.

A daily spiritual practice refers to any ritual that you perform each day to nurture your deep inner being. A spiritual practice quiets the mind and brings you into a state of peace or harmony with yourself. A spiritual practice can take many forms, but it is not the form that matters so much as the intent. In fact, a spiritual practice does not even need to be explicitly spiritual to be effective. It simply needs to be something that helps you turn inward and connect with your own truth and purpose.

Self-inquiry, self-awareness and self-acceptance are the roots and foundation of a daily spiritual practice. As you deepen your connection to your Source, the essence of who you are will expand and grow.

Getting to Know Your Why: Your Purpose

Today's exercise is about assisting you to discover your personal mission statement, through writing.

I have recorded a series of questions that are a guide to assist you to get into a frame of mind that will be conducive to defining your personal mission.

Follow these simple instructions:

- Download one of the two files "Complete Mission Statement Instructions" ~ one has music and the other without.
- Then grab your journal, a highlighter and your pen.
- Tell your family that you are having some ME time for about an hour. Then go to your favourite ME time location.
- Take a couple deep breaths then start to listen to the recording.
- Write the answers to each question down. Write the first thing that pops into your head. Write without editing. Use point form. It's important to keep writing until the next questions is asked.
- Be honest. Nobody will read it. It's important to write without editing.
- Enjoy every moment and smile as you write.

Once you have completed the audio and writing exercise you will create your personal mission statement.

Steps to Discovering Your Personal Mission Statement:

1. Read your answers to the questions.
2. Highlight actions words you connect with.
 - a. Example: educate, accomplish, empower, encourage, improve, help, give, guide, inspire, integrate, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, write, etc.
3. Based on the answers, quickly write down:
 - a. Who do you want to be?
 - b. What do you want to do?
 - c. Who do you want to help?
 - d. What difference do you want to make in the world?
4. Based on your answers above list everything and everyone that you believe you can help.
 - a. Example: People, creatures, organisations, causes, groups, environment, etc.
5. Identify your end goal. How will the 'who' from your above answer benefit from what you 'do'?
6. Combine your answers into a sentence, or 2-3 sentence mission statement.

What is your purpose? What is your mission?