

*“This is my life. It is my one time to be me.
I want to experience every good thing.”*

— Maya Angelou

STEP 1: REMEMBERING WHO YOU ARE.

What matters most to you in life? The answer to this question is called your values. Often we find that we've forgotten about that which we care about because we allowed ourselves to get stuck doing something else, on someone else's agenda.

Take at least 15 minutes to jot down a free-for-all list of all the things that means a lot to you in your life, all the things you care about. Use these categories to help you brainstorm ideas:

CAREER

MONEY

HEALTH

LIFESTYLE

FAMILY

LOVE

PERSONAL GROWTH

Just a few examples of values include:

- Achievement, fame, disruptor
- Power, authority, economic security
- Family, love, community, friendships
- Nature, religion, public service, healthy living, physical challenge
- Democracy, civic involvement, wisdom, integrity, truth
- Location, privacy, country, adventure, fast-paced living

What matters to you? Write down everything that you can think of – even if it seems silly or trite.

STEP 2: MAKING COMPROMISES

In an ideal world, we'd be able to get every single thing we wanted. But, we don't live in an ideal world, we live in this world in the here and now. Yesterday was past and today is what it is. The future is what we are looking towards with stars in our eyes.

Today we need to start with compromises. If we can't have it all right away, at least we can aim for the most important. With this, we can start to reset ourselves and start living the way we want to.

For this part, make a list of the top 10 values from the list above. If you can't have it all, choose the top 10 that you don't want to live without.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

STEP 3: LOOK AT YOUR ACTIONS

“Actions speak louder than words.”

– Gershom Bulkeley, Will & Doom (1689)

It's sad to say that most of us don't live up to our own values. It takes dedication to live everyone of them fully. So, in this exercise we are going to take some time to rate the top 10 values and imagine what your life would be life if you lived your top 10 values.

Value (highest to lowest rated)

Describe what your life would look like if you lived the value.

- 1.
- 2.
- 3.
- 4.

- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

STEP 4: DECLARING YOUR MISSION

Your personal mission statement should be a concise representation of what's most important to you, what you desire to focus on, what you want to achieve, and, ultimately, who you want to become.

In its purest form, it's an approach to your life, one that allows you to identify a focus of energy, creativity, and vision in living a life in support of your inner-most beliefs and values.

Don't get tied up in the long-term permanency of your mission statement. Your mission will change over time as you and your life change.

For this exercise you are going to take a look at your values in action. Follow this formula for a first draft:

I value....

Before I die I want to...

I will remember....

If you'd like to see an example, you can see my manifesto on my website:

www.insanitek.net/gconyers/behind-the-pen/564-2

Now, take these statements and put them in your own way. Use art, different fonts, colours, and/or structure. Make it meaningful to you. Post it on your wall for you to see every day as you move through reclaiming life as your own. Finally, if you are so inclined to share with your family, friends, and support group, share it on social media – and tag me! I'd love to cheer you on as you embrace life.