

# MINDFULNESS: LOVE LAUGH & LEARN

[www.Love-Laugh-Learn.Live](http://www.Love-Laugh-Learn.Live)

by LYNDA LOUDEN

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## BUILDING YOUR MISSION STATEMENT

Do you know who you are or who you want to be? Mindfulness helps us figure stuff like this out.

Mindfulness is about 'being aware of what the universe is delivering to each of your senses each moment'. This practice takes us 'out of our head', takes us away from the chaos that the reptilian brain prefers. Mindfulness is learning how to use the cerebral brain, our thinking brain, the slow brain to cope with life's ups and downs. This also transforms chaos into calm. It might seem impossible, but we do have to practice becoming proficient, like basketball – piano – skating – or calligraphy.

Living without a sense of what we'd like to accomplish within the days, weeks, months, or years ahead has a way of making us feel out of place. Don't you think? We may begin to question if we belong, and/or what's our true purpose in life?

Mission statements can help you find answers. Mission statements are a way to express how you will align your core values and abilities to improve your life and the life of those you wish to positively impact.

So here is what we are going to do! Build your mission Statement! It takes three steps – none of them impossible – and it's always revisable.

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1. What are your core values? If you want to, you can find core value options online numbering anywhere from 100 – 500. Circle all that appeal to you. Now reduce it to ten. Next reduce it to two.
  
2. Answer the next two questions. (We always encourage working with a notebook, spiralbound or a binder. Date your entries.)
  - What Are Your Personal Goals? What Projects have you Successfully Completed?
  
  - What Are Your Dreams?
  
3. Now put these thoughts into a few sentences that reflect your life, goals and dreams. Adjust this a little bit so it sounds good to you. Smooth, to the point, whatever style is appealing to you.

Here are a few examples including mine!

I will be generous with my time with family, friends and strangers. I will share my love of life with family and friends. My career will always be focused with values that are most important to me. Frank

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I will learn new things each day. I will enjoy work and respect my colleagues and boss. I will be a leader every day! Sally

To be my best. Practice Mindfulness. Appreciate the Universe. Encourage Others. Lynda

Post your mission statement on your information board, take a picture of it for your phone, Frame it for your bedside table or desk!

Let me know how you enjoyed the process. Did you do something different that was wonderful? Please share with us!

All the very best to you and yours,

Lynda Louden  
Love Laugh & Learn - Mindfulness