



Point-to-Path Coaching Ezine!

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This week's topic: Your Life Proclamation

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Why am I here? Do you ever ask yourself that? How about, where am I going? What is my purpose? What do I want? Setting goals to make all your dreams come true is key to achieving those dreams. But first ask yourself, why do I want those goals in the first place? What difference would it make? What would my life be like if I achieved those goals? What would it be like if I didn't achieve those goals?

After you ask yourself those questions, take the next step and put the answers on paper. Create your **Life Proclamation**. Study it often (everyday if possible) and stay focused on what shapes you. Take this challenge to create your **Life Proclamation**. If you need more help, I'm offering a **FREE teleclass** on this very subject. I can walk you through it. If you're up to the challenge on your own, here are the guidelines. Complete each section according to the description, as well as the length. You're not creating a book. The whole Proclamation should fit on one page. That will keep it focused and simple.

1. Cause

What are you meant to do? Why are you on this earth? You might have a sentence like, "to help others ____", "to be the best mother", "to serve in missions", "to be a leader at ____". This should really feel and sound like your purpose. Your "calling." (1 sentence)

2. Vision

This will be the lengthiest section and should describe what you'd like your life to be whether it is or isn't now. State these terms in present tense...I am, I have, I live, etc. Describe your profession/career, relationships, financial status, spiritual connections, hobbies, possessions, fun, talents. (3-5 paragraphs)

3. Values

A value is a notion/behavior/belief you'd have no matter what happened in your life. And no matter what material possessions you have or didn't have. Things like honesty, integrity, independence, family, loyalty, faith. You might find it easy to list several, but pick your top 4 or 5 that guide you the most in the day-to-day. (2-3 sentences)

4. Motto

This is a bit like your outlook or philosophy about life. "When the going gets tough, the tough get going." "My glass is always half full." "Life stinks!" (By the way, if that last one is your motto, let's talk!) (1 sentence)

5. Inspiration

This will be a passage from the Bible, line from a favorite poem or song, quote from someone you admire. When life becomes confusing or frustrating, where do you find your inspiration? Say it here in (2-3 sentences).

Still need help? Then sign up for a **FREE Teleclass** on creating your Life Proclamation. The teleclass is Tuesday, May 11, 2004. Time is 7:00 pm – 7:55 pm (central). [Click here to sign up.](#)