

Space for Grace

Establishing your Personal Mission
statement so you can start serving
OTHERS!





“There’s a trick to the Graceful Exit. It begins with the vision to recognize when a job, a life stage, a relationship is over – and to let go. It means leaving what’s over without denying its value.

Ellen Goodman

Letting Go

If you have ever seen a little child holding a balloon, and they accidentally let it go, you know the feelings that go along with it. As a grown-up you see the look on their faces. The shock. The disbelief. The sadness.

"I can't get it back"

"I won't ever see it again."

"But I want it!!!"

And honestly, adults let go of balloons each day too. Sometimes it is because we become distracted by other things, we are holding too many of them, and we just make a wrong turn, stumble, fall, and BOOM! There are the things that we were tightly holding that start floating up far away from our grasp.

This is a frightening thing when it happens. However, what if I told you, that most of the time you have the power to release those balloons on your timetable.

That you are holding tightly on things, that truth be told, the season is over for.

The problem stems from a lot of what our culture tell us. We are primed to constantly consume. That more and new are great! But the balance of culling gets lost.

Until something monumental happens that sends us into a frenzy of cleaning, purging, and doing all the things that could have been done long before. But by not doing them we just continue to add to our plate and this doesn't usually end well for anyone.

Instead, we need to change our mindset to give us space to have the 'graceful exit'. We have to routinely give ourselves permission to just 'let go' of certain balloons. Purposely!!!

But the only way we know what we need to release, is to truly take stock, ask the hard questions and decide where we are in our journey. Until we are truly honest with ourselves and stop lying to ourselves, we will continue to be tethered to too many things and find ourselves no longer in control of the balloons.

So are you ready to start asking the hard questions? Are you ready to give yourself space for

grace!

notes

Give Yourself Grace

SO YOU CAN SHOW UP STRONG & LIVE YOUR PURPOSE

G

1.) GIVE YOURSELF PERMISSION

Guess what? You are the boss of YOU. Give yourself permission to do what you are being called to do. The only validation you need is that something has been placed on your heart.

2.) RELEASE THINGS

You want to know a secret? You can let things go! You get to choose what you carry and what you continue. What has gotten too heavy and you want to put it down? What doesn't work for you anymore and you want to let it go? You can!

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A

3.) ADJUST THINGS TO SERVE YOUR NEEDS

What things are working for you? What things are NOT? How much time do you have for YOU? How is your focus on your health? Adjust the things in your life that you need to serve you and your needs more fully. YOU are not optional!

4.) CREATE NEW THINGS

We all need to continue learning and doing new things. Without personal growth and the stretching of our hearts and minds we grow stagnant. What do you want to do that you never have done? Pour into yourself so you can pour into your people!

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E

5.) EMBRACE YOUR PURPOSE

We all have one! Do you truly know yours? Perhaps it has changed and that is okay. Some purposes are seasonal and others are timeless. Now is the time to embrace your gifts and talents and how they will best serve you and others who are in desperate need of your gifts.

What's your Mission?

As a military dependent I grew up with my dad going on deployments. When he would go, we wouldn't always know what he was being called to do and it wasn't always in our best interest or safety to know where he was going, what he would be doing, or who we would be working with.

Honestly, even if he could tell us, it really wasn't what we were being called to do. However, he was and you know what.....

he always knew the MISSION!

It was crucial for him to be ready, able, and focused on what lay ahead.

And we need to know that too! When we are focused on our personal mission each day, it allows us to cut through the other things and have a strategy of how are going to handle what comes our way.

It is crucial for us to wake up each day with our personal mission statement engrained in how we go out in the world and serve those who we encounter.

So how do you create a personal mission statement? What goes into it?

Creating a personal mission statement comes down to some key ingredients.

It is like creating a logo or tag line for a small business. But instead, it is your daily 'mantra' of how you are going to enter in to **any** meeting, engagement, relationship, and encounter.

Be it in the drive through, the daycare center, a business closing meeting, or on a plane next to a stranger. It is simply how you are going to

Show Up.

So first you have to ask yourself, what is important to me? What areas of my life do I hold dear? What are my truths and what do I stand for?

If I was cleaning house and starting over in a new place, what would be the 'non-negotiables' that I would take with me?

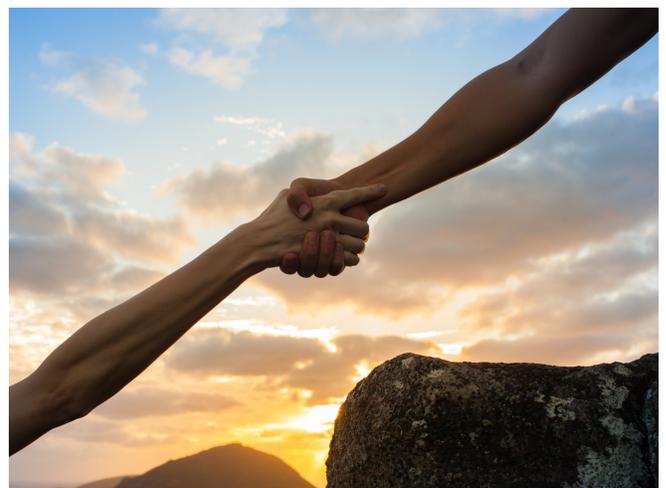
Sometimes these can be things we 'wish' we were better at. That is a great thing to make your mission, isn't it. To be growing yourself all the while you lean in to serving others. To hold yourself to a higher level of accountability each day to Show Up Strong for yourself, those you love, and those you are called to serve. Sounds like a Win Win!

So think about your 'non-negotiables'. What do you stand for?

On the next page you will find a helpful template to get your head wrapped around this idea and start creating a mission statement you will be proud of, but more importantly, that will help you start showing up and serving in alignment with your gifts and talents.

“The best way to find yourself is to lose yourself in the service of others.

Mahatma Gandhi





“

The things that we value become the fabric in which we dwell day in and day out. Our values become the garments that the world sees us wearing.

Kristen Lee Schindler

What do you Value?

The first step in creating your personal mission statement is determining what are the things that you value? We all have things that come in higher or lower in terms of where we place them. That is a human characteristic. But knowing that, embracing that, and moving forward with that is another story. So take a look at the following list and circle ones that speak to you and add others that you feel you want to focus your life.

- Achievement
- Adventure
- Altruism
- Authenticity
- Compassion
- Courage
- Creativity
- Curiosity
- Compassion
- Dependability
- Determination
- Education
- Faith
- Family
- Freedom
- Friendship
- Happiness
- Health
- Honesty
- Honor
- Hope
- Humor
- Innovation
- Justice
- Kindness
- Love
- Loyalty
- Passion
- Peace
- Perseverance
- Respect
- Service
- Independence
- Intelligence
- Integrity
- Responsibility
- Security
- Simplicity
- Wealth
- Wisdom
- _____
- _____
- _____

NOW THINK ABOUT WHAT INSPIRES YOU...



What things fill you?



When you think of things that fill your proverbial tank what are they? What do you want to add more to your life because it literally is life giving to you?

- _____
- _____
- _____
- _____
- _____



What do you admire in others?



Think of people you like to be around. What makes them a positive influence on you? What do they project? What can you tell are their values? How?

- _____
- _____
- _____
- _____
- _____



What do you struggle with?



What are your struggles? What areas of your life and what values are not things you are proud of?

- _____
- _____
- _____
- _____
- _____



What makes you angry?



Normally the things that make us angry are things that go against our natural values. What are those things that make you mad?

- _____
- _____
- _____
- _____
- _____



BECOMING A MISSION MINDED SUPER HERO...

So now that you have your main values circled from the previous page, and you have worked through what fills you, what inspires you, and what makes you angry it is time to start putting them together.

To do this, let's focus on the power of 3! Take three of the values that you want to work on and come to the table with each day. 3 that you are going to commit to wearing as a badge of honor in any situation that comes your way. Think of yourself as a real life super hero. What 'super powers' are you going to wield each day?

For example, when I did this exercise I wanted to live a more authentic life. I was tired of keeping my thoughts, emotions, and ideas quiet in fear of what others thought.

So on the next page take your top three values from your list, and really flush out why they are important and how you are going to use them in your day to day life.

YOUR TOP 3 VALUES



Of all the values on the previous pages which one is just blaring in your mind and heart? Which one is the epitome of when you look at your life, you just LIVE this value day in and day out like breathing?

- Why is this value important to you?

- How are you going to demonstrate this in your daily life? Be specific. You are creating your personal marching orders.



Of all the people you surround yourself with, what is the greatest value that you want to start implementing in your day to day life that you admire in someone else?

- Why is this value important to you?

- How are you going to demonstrate this in your daily life? Be specific. You are creating your personal marching orders.



What value, that you know you struggle with, are you going to put at the forefront of your personal mission framework so you know you are always in a season of both admitting you have weaknesses and also working toward growth.

- Why is this value important to you?

- How are you going to demonstrate this in your daily life? Be specific. You are creating your personal marching orders.



NOW LET'S PUT IT ALL TOGETHER....

CREATING YOUR MISSION...

Now that you have your values down, it is time to craft your personal mission statement. This is the one sentence that encapsulates your day to day coming and going. This is going to be your compass, what you come back to each day you get up, and with each opportunity that arises. If you want to, think of it as a t-shirt logo you wear proudly too. Get yourself some personal merch! Actually, get in the habit of telling those you love, what you are striving for. It really does make living this personal mission that much more of your day to day life. Everyone needs accountability.



EACH DAY I WILL SHOW UP WITH

➔ _____, _____, and _____.

I WILL DO THIS BY

➔ _____

THIS IS IMPORTANT BECAUSE

➔ _____

CONGRATULATIONS

You Did It!

**NOW YOU ARE READY
TO**

Show Up Strong

I am so proud of you for taking the time, dedication, and focus to determine what will help you move forward to serve yourself, those you love, and those you are called to serve. Often the first steps are the hardest. But you DID IT!!!!

And most importantly, because you did it, you have learned a little more about what season of life you are in, where you are headed, and how you want to move forward using your gifts and talents.

Your gifts and talents were meant to be used. And if you feel that your mission statement is not exactly fitting another season as time goes on, guess what, you now have the tools to revisit it, make some changes, and start again.

You've GOT THIS!



“

The meaning of life is to find your gift. The purpose of life is to give it away.

Pablo Picasso

It's been my honor to help you complete this personal mission statement. I can ever help you with other aspects of your personal mission, journey, or creative endeavors please don't hesitate to reach out. One of my gifts is being an encourager. It brings me life and helps me to then turn around and help others.

If you have found this helpful please feel free to email me @ kristen.schindler@gmail.com, check out my website at www.kristenleeschindler.com for more free content, and listen to my podcast "All the T.H.I.N.G.S. with Kristen Schindler" for more inspiring stories from people like you and me who are striving to Show Up Strong!