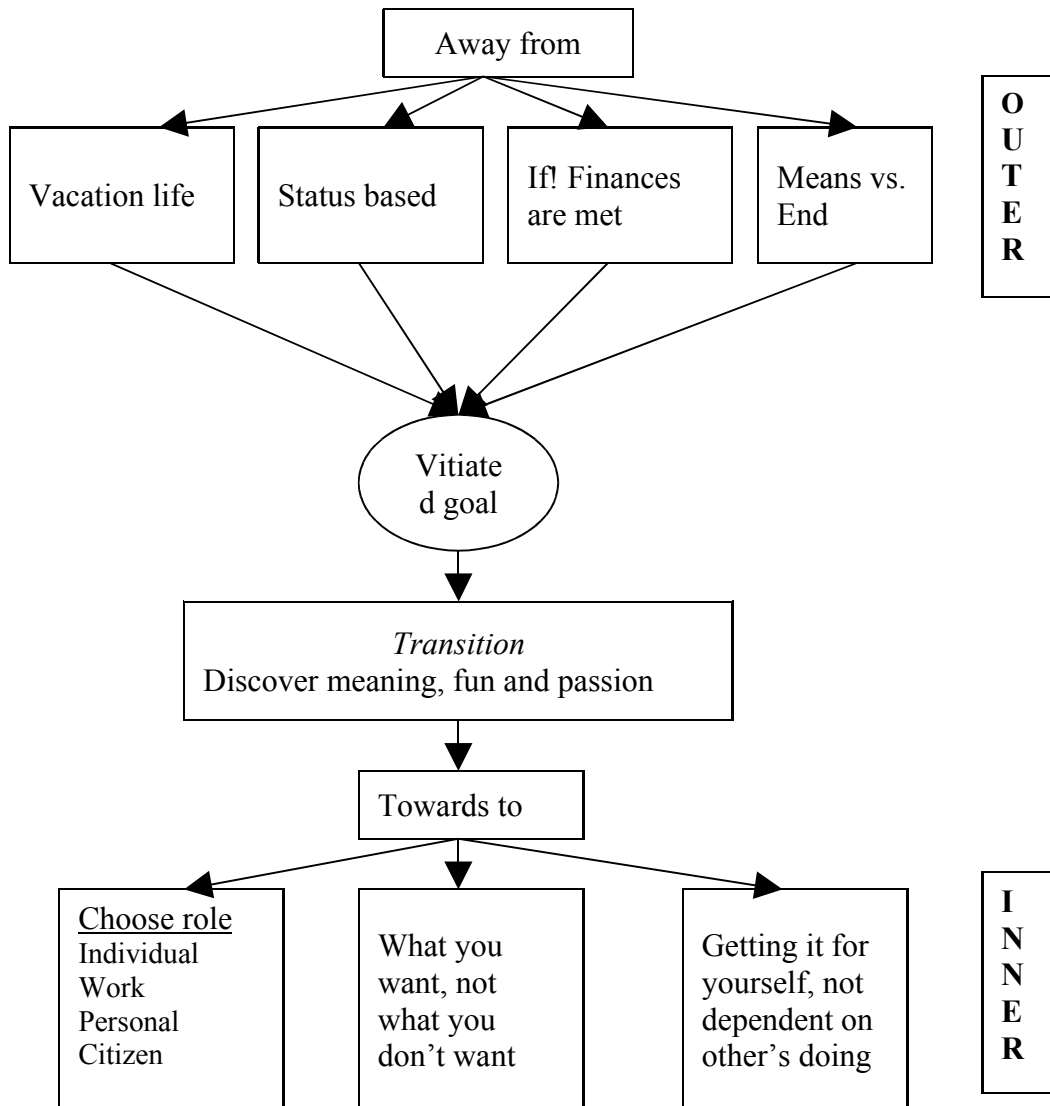


## Model of Mission Directed Goal



**Mission Directed Goal:** based on a sense of purpose that lures one into the future. It unifies beliefs, values and actions and a sense of who one is. It helps one find passion, develop a grand vision, find a specific direction and self-align.

**‘Away from’ to ‘towards to’:** help determine motivational direction and move from outward impetus to inner calling.

**Vacation life:** pit fall one, points to a painful, incongruent day-to-day life the person needs to escape from.

**Status based:** pit fall two, points to a canned, media induced shallow goal seduced by status based advertising.

**If finances are met:** pit fall three, what does one do when one gets the money desired, an end in itself does not promote what one loves.

**Means vs. end:** pit fall four, disconnects from the person's deepest values and separates the person from ethic and well being.

**Transition:** creates a meaningful action through labour of love backed by deep emotional commitment.

**Choosing roles:** the more one creates one's roles the more one can live the life one chooses. Every mission determines one's role and roles determine goals.

**What you want not what you don't want:** will give energy to effort and reduce restraining forces.

**Getting it for yourself, not dependent on other's doing:** can change what is in one's control and not what is without. What will one get out of this, the pay off, its recognition determines effort.

### EXERCISE

Step 1.- Have participants capture on sheets of paper what they believe are their goals.

Step 2.- Using the model, discuss if these are outward motivated or inner motivated. (not passing value judgment)

Step 3.- Recommending the transition phase and looking at inward movement, recapturing roles I play, their purpose, what I want (energising forces), what changes I want from others and therefore the payoffs for me, can help people examine their values, their beliefs, their assumptions.

Step4.- The goal exercise may thus be divided into temporal, or fleeting and intrinsic or lasting.

Step 5. - The debrief will help participants look at lasting value in themselves i.e. heighten their self-worth as they recognise that they have two parts namely, a current existential need and a deeper more meaningful side. The reconciliation between, say pursuing wealth as a means of livelihood and not feeling guilty about it will not in any way detract from higher thinking as they will realise that they have a core which is deep and will always remain with them, though in the here and now they must achieve outward motivated goals.

- *The exercise also helps participants discriminate between present need and life's mission without in any way discounting one at the cost of the other.*
- *This is also an appreciative way of recognising one's stimulus and motivational drives.*