

**Here comes your freebie!**

**This is an excerpt from:**



# FIND YOUR MISSION!

A LIFE CHANGING COACHING EXPERIENCE

## **The Process**

### **The "Mission" Self-Test**

**The following exercise, also known as the "Mission Self-Test," will assist you in determining for yourself where you currently are on the path of your life's mission.**

**Why is that important? Maybe you can look at it this way: Have you ever been in a big Shopping center to find a new store there, but did not know where in this shopping center it is located? What did you do in such a situation? Maybe you are wandered around for a while to see if you might find the store on your own. Or you asked someone. Or you went to one of the site maps that are usually at all the entrances.**



**If you chose this last option, you will probably have found something like an X on this plan, with the remark:**

**"You are here" or similar. Card designers know that it is much easier, find your destination if you know your *starting point*.**

**That's exactly what you'll get with this nice and self-appreciating self-test.**

**Tick the number that best represents your answer, using 5 as the neutral, everything below 5 does not work or is unclear, everything above 5 works above average or is very clear. Please decide spontaneously and from your gut, always take the first number that comes up. And please don't get caught by logic. (*If I answered 3 with x, I can hardly answer 15 with y...*). Your subconscious knows the answer exactly. Here it is also important to be radically honest with yourself. Only if you *determine* your starting point *correctly*, even if it is different from where you think you *should be*, you will arrive where you want to be.**

**Because: If you try to get up from another chair than the one you are currently sitting on, the first step will not work. Because you are not where you are.**

**Ready? Let's go!**



## **The "Mission" Self-Test**

**1. I have crystal clarity about what my mission in life is.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**2 The life I lead is a complete expression of my life's mission.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**3. The meaning of my life is made to nourish me and those around me.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**4. My mission gives me enough space to express myself.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**5. I and my mission are fully known to other people, and they relate to me accordingly.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**6. I recognize and value the contribution I make to others by carrying out the Mission of my life.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**7. I live a life based on values rather than matter.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**8. My life is shaped by my inner mission and not by others' expectations or ideas of how I should be.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**



**9. I express the simple abundance that is always around me and am highly grateful for it.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**10. My life is free from unnecessary clutter and complexities and I feel rarely overwhelmed, confused, or rushed.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**11. I regularly appreciate the gracious generosity of my life.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**12. I am fully aware that the best things in life are for free and my life is reflecting this.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**13. I have complete confidence that the universe will be able to provide for me to the extent that I am faithful to my mission, provides everything I need to express my life's mission.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**14. I regularly take time out to nurture myself in a way that fills my soul.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**15. I have more than enough time to devote to my family, friends and community.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**16. I have a rich and satisfying spiritual life.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**



**17. I have taken sufficient time to examine my belief systems for the purpose of whether I have chosen them myself or whether they are more in line with the ideas of others. corresponding to what I should believe.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**18. I have set up my home as a sanctuary for my soul and this is also visible.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**19. I have a strong sense of security and am seldom anxious or concerned that there may be not be enough of anything.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

**20. I regularly extend myself to others to support them on the path of *their* life purpose.**

**Not true at all 1 2 3 4 5 6 7 8 9 10 Completely true**

