

The Secret To Owning Your Mission: The Missing Factor

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Written By Dr. Adam Sheck

www.thepassiondoctor.com

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About The Author

Doctor Adam Sheck is a licensed Clinical Psychologist specializing in connecting men and women to their passion and to their life mission. He is also an accomplished couples counselor helping committed couples bring back the passion in their relationships.

Dr. Sheck is available for private sessions in person at his office centrally located in the Los Angeles area and also offers telephone and video/Skype sessions for out of area clients.

If you received this Special Report in a way other than becoming a subscriber to the Passion Doctor Newsletter, you can learn more about Dr. Sheck's work with Passion & Purpose at:

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THE SECRET TO OWNING YOUR MISSION: The Missing Factor

If you feel bored with your life, are unmotivated, unenthusiastic or you are not doing what you want to be doing, it may be because you aren't sure what your mission is or there are obstacles preventing you from living your mission fully.

When I refer to mission, what I mean is connecting to your *raison d'être*, your reason for being on this planet. It is about your life purpose. It is about what gives your life meaning.

It is about the existential question, "what is the meaning of life?" It is about YOUR answer to that question, an answer that you co-create with the Universe and that we call your Life.

When I say to "own" your mission, what I mean is that you know what it is and are taking steps to live it and express it more fully in your life and AS your life.

Often I will refer to *your* mission simply as *mission* without the "your" qualifier. I do this because the word "mission" has more power to it, more grounding to it. It has more focus, energy and direction.

MISSION feels more like a verb to me, an action verb. It is a call to action and the action itself all rolled up in one.

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In my experience, there are four components or ingredients to mission:

1. Your gifts & talents.
2. Your values.
3. Your passion.
4. Your contribution to the world.

There is a fifth, “missing” factor as well that is critical to you actually being able “own” your mission. I’ll explain the first four components briefly and leave you in suspense for a bit on the fifth.

Shameless plug: I explain about these ingredients to mission and much more in greater detail in my eBook, “Own Your Mission: Know it, Live it!” Message me for more information.

Your Gifts & Talents:

You will be guided to mission by tuning into your natural gifts, talents, skills and interests. What brings you joy? What excites you?

What do you feel you are really gifted or special at doing? What could you spend hours and hours doing that only feels like minutes? What makes the day fly by?

These are your natural gifts and talents. They might come naturally to you and you may take them for granted or minimize them. Know that your gifts DON’T come easily to everyone. They are part of what makes you special and will definitely be part of your mission.

Your Values

Your values are a lens through which you filter your view of the world. It is vital that you understand them so that you can be open and receptive to the best opportunities to own your mission.

Values are basically what we hold as important in our lives, our preferences, what we *value*. They define our sense of what we allow or reject into our lives. It is critical that our values are consistent with our mission or we will never be able to own it.

Some examples of values are:

Security	Freedom
Success	Adventure
Power	Intimacy
Creativity	Peace
Belonging	Comfort
Contribution	Awareness

Notice that some values may conflict with each other, such as security and adventure. You may experience an internal tension between what appear to be conflicting values.

Your Passion:

When you are connected to mission, you will connect to your passion. Passion is the fuel, the energy source that propels you through life into living your mission.

Creating your dream life based upon mission will require a great deal of energy. Your passion will give you the energy to do the work you need to do to create the life you want.

You will light up AND lighten up, be energized, be in the flow of life. You will work hard at living your mission for the sake of working hard at it! Each day will fly by!

The more you love what you do, the more passionate you are, the harder you are going to apply yourself. And the more the opportunities to do what you love will appear in your life. And the loop continues: love what you do, do what you love.

Your Contribution to the World:

The fourth ingredient is about making your contribution to the world. I won't get TOO spiritual on you, yet I have no doubt that you were born to make a difference in the world. No one is who you are. No one has the gifts and talents that you do. No one can be a better you than YOU can be.

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You have a role to play on this planet. You have a contribution to make, a service to provide that only you can share. Part is in your hands, part is in the hands of the Universe. It is a co-creation. It is time to do YOUR part in the equation of your life and of your mission!

It's not necessarily about your job, your career or your way of providing for yourself in life. It's not necessarily this big, huge, grandiose mission, though it might be.

There is no scale of comparison in owning your mission. No mission is better or worse, none is more deserving or less deserving. We are ALL on this planet together and ALL of our missions are equally important, regardless of how they appear to us or others.

The human race is a package deal. We're all interdependent whether we choose to admit it or not. No mission will be left behind!

The Missing Factor:

The value of these four ingredients will become clear to you as you do your inner work. The introspective process of asking yourself questions will lead you to a fuller awareness and clarity of mission.

To move from *knowing* your mission to *living* your mission requires a fifth ingredient. This is an external ingredient and one that just about anyone who has achieved success in owning their mission and

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living their dream life has discovered and utilized.

Part of the fifth ingredient is **accountability**. We can often fuel ourselves purely on passion in reaching for our dreams, yet often we run out of fuel just as the challenges and blocks to mission begin to wear us down.

Accountability help us leverage our passion and motivation and continue forward in owning our mission. Breaking down your dream into small, achievable goals and measuring your progress along the way is a powerful approach to moving forward in mission.

Using the professional services of a counselor or coach like myself is another way to utilize accountability. Measuring your steps, acknowledging your wins, analyzing and removing your blocks to success are all important steps.

AND, the support and services of a coach or mentor is not enough!

The missing is one that I have only come to appreciate fully in the last few years. In my ego-driven consciousness, I have always seen myself as gifted and talented (as we all are) and not needing anyone else's help and support.

I have been DEAD WRONG on this! Please learn from my mistakes and get on track with owning your mission.

What we ALL need, is something that has been around since the beginning of time and has been very well articulated in the last hundred years by Napoleon Hill in his classic book, "Think & Grow Rich."

This is the concept of the Mastermind Principle. It provides social support as well as shares expertise as well as provides additional

eyes to transcend your personal blindspots.

Hill defined the Mastermind Principle as:

“Coordination of knowledge and effort, in a spirit of harmony, between two or more people for the attainment of a definite purpose.”

Participating in a Mastermind Group has been a big part of my clarity and focus over the last two years and a huge contributor to my creating “Own Your Mission” as an expression of my own mission clarity.

And I am creating the Passion Doctor Community as a way to provide both expertise as well as peer support. I have a demonstrated skill set honed over more than twenty-five years in supporting men and women in discovering and living their mission.

Combining that with a community of like-minded people who can support each other while sharing their gifts with each other is the perfect recipe for success in mission.

THIS then is the missing factor, a Community that provides:

1. Accountability.
2. Peer Support.
3. Expertise.

None of us can do it alone. We NEED each other to fulfill each of our

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missions. Together, we are much greater than the sum of our parts.

If you are reading this, then you are hopefully already a member of the Passion Doctor Community. I look forward to sharing more of my experience and expertise with you, as we build this Community.

I have many ideas for coaching programs and workshops and products that will support us all in mission. Welcome to the leading edge of living your dream and owning your mission!

Your thoughts and comments about this Special Report are very important to you. Please send them to me at:

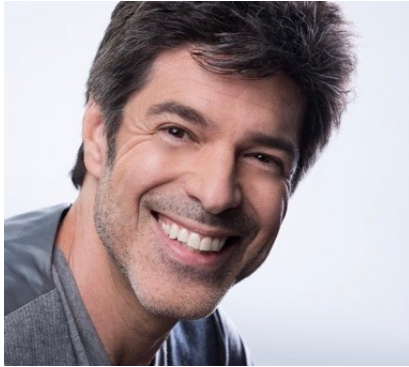
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I will keep you updated by email with every improvement and growth step in the Own Your Mission Community and look forward to hearing about YOUR growth.

Own Your Mission!

Adam Sheck

About The Author



Doctor Adam Sheck is a licensed Clinical Psychologist specializing in connecting individuals and couples to their PASSION.

Whether in love or work, he connects people to their deepest truth and supports them in removing the blocks to living it fully. Having changed careers in his early 30's from engineering to psychology, he has

walked his talk and is living his life purpose, his mission and supports others in doing the same.

Whether working with someone in a midlife crisis asking, "Is this all there is?" or a sexless couple wanting to restore their intimacy, he gets results. With over 25 years of experience, he is compassionate, yet laser-focused and direct as well.

Dr. Sheck taught graduate classes in Marriage and Family Therapy for over 10 years. He was Director of Psychology Training at a Community Mental Health Center for 16 years where he created and facilitated the Couples Counseling Program.

He is available for private sessions at his office centrally located in the Los Angeles area. He also offers telephone and video/Skype sessions for out of area clients.

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