

CLARIFYING YOUR MISSION

Mapping Out Your Purpose

5-PART EXERCISE

PART 1 Creating Your Mission Statement

PART 2 Creating Your Mission Plan

PART 3 Creating Your Vision for Partnership

PART 4 Recognizing Your Partner's Strengths

PART 5 Your Joint Vision



This 5-part exercise is designed to help men define their life's mission, align their purpose with their partner, and create a vision for a lasting legacy. By reflecting on your values, goals, and the role of your partner, you'll gain clarity on who you are, what drives you, and how to build a meaningful life with your partner.

This exercise is valuable whether you are single or in a relationship. If you're already in a committed relationship, it can help you and your partner create structure, set meaningful goals, and align your visions for the future. If you're single, it's an opportunity to gain clarity on your life's mission and identify a compatible partner whose vision aligns with yours.

Each step of this exercise builds on the last, guiding you to:

- Define your personal mission.
- Create a plan to achieve it.
- Identify the qualities you need in a supportive partner.
- Celebrate the strengths she brings to your relationship.
- Merge your visions into a powerful, shared purpose.

This exercise is not only a roadmap for your life but a foundation for building a relationship rooted in purpose, love, and alignment. Begin with honesty and end with a vision for your future together.

Parts 1–3 of this exercise are designed for individual reflection. Part 4 is meant to be completed once you've found a partner you want to build a life with. Part 5 is specifically for your partner to fill out, allowing her to reflect on how her vision aligns with yours. Once both of you have completed the exercise, it's important to come together to create a shared vision for your life. Document this vision and commit to revisiting it regularly—whether twice a year, quarterly, or on a schedule that works for you both—to make any necessary adjustments.

As life evolves, so will your shared vision, and making space to refine it ensures your goals and partnership stay aligned.

Here's an acronym using the letters in **MISSION** to help you identify your life's purpose:

- M Meaning: What gives your life significance and fulfills you?
- I Introspection: Reflect on your values, experiences, and passions.
- **S Service**: How can you use your strengths to serve others?
- S Skills: What are your natural talents and learned abilities?
- I Identity: Who are you at your core, beyond roles and expectations?
- O Opportunities: What opportunities align with your purpose?
- **N Needs:** What does the world need that you are uniquely able to provide?

About the husband and wife coaching team:



ABOUT ME

I am Coach Clark. Hormone Health and Relationship Coach

Feel free to reach out.

Clark@CouplesDevelopment.com



ABOUT ME

I am Coach Mel. Holistic Wellness, Relationship, and Sex and Intimacy Coach.

Feel free to reach out.

Info@CouplesDevelopment.com



CREATING YOUR MISSION STATEMENT

Meaning: I find meaning in	because it	·
Introspection: Through reflection, I've di	iscovered that	and
are core to who I am.		
Service : I feel called to serve others by _	, wh	ich allows me to
make a positive impact on	_•	
Skills: My unique skills in	and	_ help me fulfill
my purpose by		
Identity: At my core, I am	_, and I strive to li	ive authentically
as this person every day.		
Opportunities : I seek opportunities to	be	ecause it aligns
with my values and goals.		
Needs: I am dedicated to addressing t	he need for	in the
world by .		



CREATING YOUR MISSION PLAN

By the end of my life, I want to	o, be	cause it will			
I want to impact my family by	, so t	hat			
want to impact the world by, which will help					
And my step-by-step plan for achieving this mission is as follows:					
• Milestone 1: By	(specific time frame), I will				
by (specif	ic action).				
• Milestone 2: By	, I will	by			
• Milestone 3: By	, I will	by			
• Milestone 4: By	, I will	by			
• Milestone 5: By	, I will	by			



CREATING YOUR VISION FOR PARTNERSHIP

In order to achieve this mission, I need a partner who:

•	Values: Shares my core values of and
•	Encourages: Encourages me when I and supports me in
	·
•	Collaborates: Is willing to collaborate with me on and help
	me navigate
•	Challenges: Challenges me to grow by and holds me
	accountable for
•	Understands: Understands my purpose of and is patient
	with me as I work toward
•	Inspires: Inspires me by and motivates me to
	·
•	Builds Together: Dreams with me about and helps build o
	legacy of for our family and the world.



RECOGNIZING YOUR PARTNER'S STRENGTHS

Your ability to _______ inspires me because ______. You excel at _______, which brings ______ to our relationship. I admire how your ______ and the impact it has on ______. You are strong where I am weak in: _______, and your strength helps me to ______. _______, which balances out my ______. _______, allowing us to grow together as a team. Your unique gifts of ______ and _____ make me confident that we can accomplish ______ together.

The strengths I see in you are:



YOUR JOINT VISION

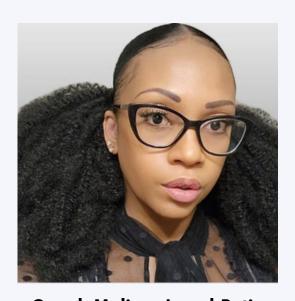
My personal mission is to:			
•, because it	fulfills my desire to		
I feel called to	, as it allows me to		
I see your mission of	as deeply meaningful because it		
·			
+ .1 .1 !· · · ·	1		
logether, I believe our mission	ons align in the following ways:		
• We both value	We both value, which strengthens our bond and shared		
purpose.			
• Your focus on	complements my focus on,		
allowing us to			
• Our shared passion for _	creates an opportunity for us to		
·			
Our joint mission could be:			
"To by combin	ning your strengths in with my		
strengths in, so	that we can and leave a legacy		
of"			
To support our joint mission,	l commit to:		
• to help us g	row together.		
• to nurture o	to nurture our partnership and family.		
• to ensure	we stay aligned and focused on our shared		
purpose.			

COUPLES DEVELOPMENT



Coach Clark Petion

Clark@CouplesDevelopment.com



Coach Melissa Israel-Petion
Info@CouplesDevelopment.com

Get in touch

- CouplesDevelopment.com
- 469-956-7005
- (P) 1910 Pacific Ave #15650 Dallas, TX 75201