

# Right View, Right Intention

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*Writing a mission and a vision for who you are at home and in your performance world.*

A mission is what you do — today, this week, on ordinary days when no one is watching. A vision is where all that ordinary work is taking you. Put both into words and the hard decisions get easier, because you already know what you are for.

Work through this in three sittings rather than one, and write badly first. You cannot edit a blank page.

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This workbook belongs to \_\_\_\_\_

Started \_\_\_\_\_

## Two statements, two different jobs

A mission is present tense. It describes what you do and who it is for, in language plain enough to act on tomorrow morning. It should be true today — or true starting today.

A vision is future tense. It describes the version of your life and your work that you are building toward, specific enough that you would know whether you got there.

You need both. A vision with no mission underneath it is a daydream. A mission with no vision above it is a treadmill.

### WHERE THE TITLE COMES FROM

Two of the eight limbs of the old Buddhist path are right view (samma-ditthi) and right intention (samma-sankappa) — seeing clearly where you are going, and resolving how you will go. One without the other does not get you far: a clear view you never act on is only a wish, and firm intention pointed at nothing in particular is only motion.

*They are the same two statements you are about to write. Your vision is the view. Your mission is the intention. You do not need to hold any belief that comes with them to borrow the distinction.*

## Two selves, one person

You are asked to be someone at home and someone at work, and it is exhausting when those two people disagree. So you will draft for both: your personal self and your professional self. Then you will look for the sentence that holds them together. Excellence and wellbeing are not opposing goals — and the mission that serves your work should not be quietly costing you your life.

## How to work through it

- › Three sittings, not one. Gather first, draft second, test third. Leave a night between each if you can.
- › Be specific. “Help people” is not a mission; it is a category. Name who, and name how.
- › Say it out loud. If you would be embarrassed to read it to someone who knows you well, it is not yours yet.
- › Skip freely. These exercises are doors, not steps. Nothing here is graded, and you can come back.

## What you will have at the end

- › A personal mission and a professional one, in your own handwriting, that do not contradict each other.
- › A vision specific enough that you could tell a friend how you would know if you got there.
- › Three ordinary practices — daily, weekly, seasonal — that make the first two something you actually do.

*Nothing in this workbook needs to be shared with anyone. Bring what is useful into session and keep the rest.*

# 1. What you actually value

Circle every word that feels true — not aspirational, not admirable, true. Aim for about fifteen. Then cross out until eight remain. Then three. The crossing out is the exercise.

|              |             |            |                |
|--------------|-------------|------------|----------------|
| Honesty      | Justice     | Excellence | Stability      |
| Steadiness   | Kindness    | Simplicity | Beauty         |
| Courage      | Learning    | Health     | Directness     |
| Curiosity    | Order       | Creativity | Forgiveness    |
| Family       | Adventure   | Belonging  | Mastery        |
| Faith        | Patience    | Autonomy   | Community      |
| Independence | Presence    | Legacy     | Freedom        |
| Loyalty      | Privacy     | Growth     | Reliability    |
| Craft        | Recognition | Compassion | Wonder         |
| Discipline   | Rest        | Integrity  | Responsibility |
| Generosity   | Security    | Ambition   | Balance        |
| Humor        | Service     | Play       | Gratitude      |

My three, in order:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Pick one of the three. What does it look like on an ordinary Tuesday — not on your best day?

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Which of these did you circle because you admire it in someone else, rather than because it is yours?

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And which one did you inherit rather than choose?

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## 2. Moments you were most yourself

Think of a time you felt most alive, most useful, most like the person you actually are. Not your proudest achievement — your most characteristic moment.

**A moment at home, or in your personal life:**

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**A moment at work, or in your performance world:**

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**What was present in both? Who were you being?**

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*If the two moments have nothing in common, that is information. Write that down and keep going.*

### A NOTE ON COMPARISON

If the moment you reached for belongs to someone else — a rival, a sibling, a person you follow online — set it aside and reach again. A mission built out of someone else's life will not hold weight when yours gets heavy.

### 3. Without the applause

There is work you do because of what it earns you, and work you would do even if no one noticed. Both are real, and you are allowed to want the first. But a mission built only on rewards gets fragile the moment the rewards stop arriving.

What part of your work would you keep doing if no one ever praised you for it?

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What are you doing mainly because it is expected, or because of how it looks?

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What is the hardest ordinary task you do well — the one nobody sees you doing?

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What would you have to give up to do more of the first and less of the second?

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#### BEFORE YOU MOVE ON

The point is not to purge ambition. Wanting to be good at something, and wanting that to be seen, is human. The point is to know which engine is running — so that when recognition thins out, as it does in every long career, you still know why you are showing up.

## 4. What you would want said

Imagine two people talking about you ten years from now. Write what you would want each of them to be able to say — honestly, not generously.

Someone who loves you:

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Someone who worked alongside you:

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Now the harder one. If nothing changes between now and then, what would they say instead?

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And what would you want to be able to say about yourself, in private?

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*Hold on to the gap between those answers. Most of a mission statement lives in it.*

## Your two selves, side by side

Fill in both columns quickly. Do not make them agree — the point is to see where they already do, and where they do not.

| PERSONAL SELF                                   | PROFESSIONAL SELF                               |
|-------------------------------------------------|-------------------------------------------------|
| What I value most here<br><hr/> <hr/>           | What I value most here<br><hr/> <hr/>           |
| What I actually spend my time on<br><hr/> <hr/> | What I actually spend my time on<br><hr/> <hr/> |
| Who it is for<br><hr/> <hr/>                    | Who it is for<br><hr/> <hr/>                    |
| What I am quietly avoiding<br><hr/> <hr/>       | What I am quietly avoiding<br><hr/> <hr/>       |

Where the two columns agree:

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Where they pull against each other:

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### THE THROUGH-LINE

Something that is true in both columns. Write it as a fragment, not a sentence — you are looking for the raw material, not the finished line.

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## The four tests, and three ways in

A mission statement that actually works meets four conditions. Keep them in view while you draft.

- › Present tense. You could begin living it tomorrow morning.
- › Specific enough to fail at. If there is no way to fall short of it, it is not a mission — it is a mood.
- › About what you give, not what you get. Outcomes belong in the vision.
- › Short enough to remember under stress. You will need it most on the days you have the least patience for it.

### Three scaffolds — write all three

They are different doors into the same room. One of them will open more easily than the others, and that tells you something.

A. I \_\_\_\_\_ (verb) for \_\_\_\_\_ (who) so that \_\_\_\_\_ (what becomes possible).

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B. I exist to \_\_\_\_\_.

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C. On an ordinary day my job is to \_\_\_\_\_, even when \_\_\_\_\_.

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D. Now say it the way you would say it to a friend, badly, out loud — then write down what you said.

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*Read all three aloud before you turn the page. Circle the one that made you sit up.*

## Cut it down, then land it

Take the draft you circled and cut it to fifteen words or fewer. Remove every word that could apply to anyone. Rewrite it three times — each pass shorter than the last.

Pass one:

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Pass two:

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Pass three — fifteen words or fewer:

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### MY MISSION · PERSONAL

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### MY MISSION · PROFESSIONAL

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*If you can honestly write one statement that covers both, do it. Most people need two that rhyme.*

What did you cut along the way, and does losing it bother you?

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Pick a horizon and commit to it before you write. A vision that floats between three years and thirty is not a vision.

☐ other:

## Compress it into a statement

A vision statement is that Tuesday, squeezed down to something you can hold in your head while making a decision. Try each scaffold.

A. By \_\_\_\_\_ (year), I will have built \_\_\_\_\_.

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B. I am becoming someone who \_\_\_\_\_.

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C. The world I am working toward is one where \_\_\_\_\_.

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### MY VISION

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What would have to be true within the next year for this to still be possible?

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*A good vision makes you slightly uncomfortable. If yours feels entirely safe, you have written a forecast rather than a vision.*

# Hold it up to the light

Read your mission and vision once more, then work down this list. Check only what is honestly true.

- ☐ It is true today, or true starting today.
- ☐ Someone who knows me well would recognize me in it.
- ☐ I could fail at it — there is a real way to fall short.
- ☐ It survives a bad week without becoming a lie.
- ☐ It says what I give, not only what I get.
- ☐ It is mine, not borrowed from someone I admire.
- ☐ I can say it from memory, without reading it.
- ☐ My personal and professional statements do not contradict each other.

## The Monday test

Name one thing that will be different this Monday because of what you wrote. If nothing changes, the statement is decoration.

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## The someone-else test

Read it to one person who knows you well and ask them a single question: does this sound like me? Write down what they said, in their words, not your summary of it.

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### IF IT FAILS THE TEST

Do not scrap it. Nearly every failed box points at the same thing — the statement is describing the person you think you should be rather than the one doing the work. Go back to page 4, reread the moment you felt most like yourself, and write it again from there.

*Any box left unchecked is not a failure. It is simply where the next revision goes.*

## Translate it into something you do

A statement you never act on decays into a slogan. The last step is the least glamorous one: name the ordinary, repeatable work that makes it true. Small and boring beats ambitious and abandoned.

**Daily — one small thing I do most days that serves this:**

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**Weekly — one thing I protect time for every week:**

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**Seasonally — one thing I revisit every few months:**

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WEEKLY CHECK-IN · PHOTOCOPY THIS PAGE BEFORE YOU WRITE ON IT

| WEEK OF | WHAT I DID | WHAT PULLED ME OFF |
|---------|------------|--------------------|
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|         |            |                    |
|         |            |                    |
|         |            |                    |
|         |            |                    |
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|         |            |                    |

*Miss a week and the answer is not to start over. It is to do the small thing on Monday.*

# My mission and vision

Copy your final statements here in your best handwriting. This is the page to tear out and keep somewhere you will actually see it.

## MISSION · PERSONAL

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## MISSION · PROFESSIONAL

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## VISION

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If someone asked what I am about, in one sentence:

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My three values:

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Signed

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Date

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## A statement is a draft of a life

What you wrote is accurate to who you are right now, which means it will need revising. That is not a flaw in the work; it is the work. Put three dates in your calendar before you close this workbook.

**In 30 days — has anything I wrote already proven false? What?**

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**In 90 days — what have I done that a stranger could point to as evidence?**

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**In one year — rewrite the mission from memory, then compare it to this page.**

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**One person I will tell about this, so that somebody else knows:**

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If you find yourself stuck — if the professional column keeps overrunning the personal one, or the words will not come honestly — that is worth bringing into session rather than pushing through alone. Some of this is easier to say out loud to another person than to write down by yourself.

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