

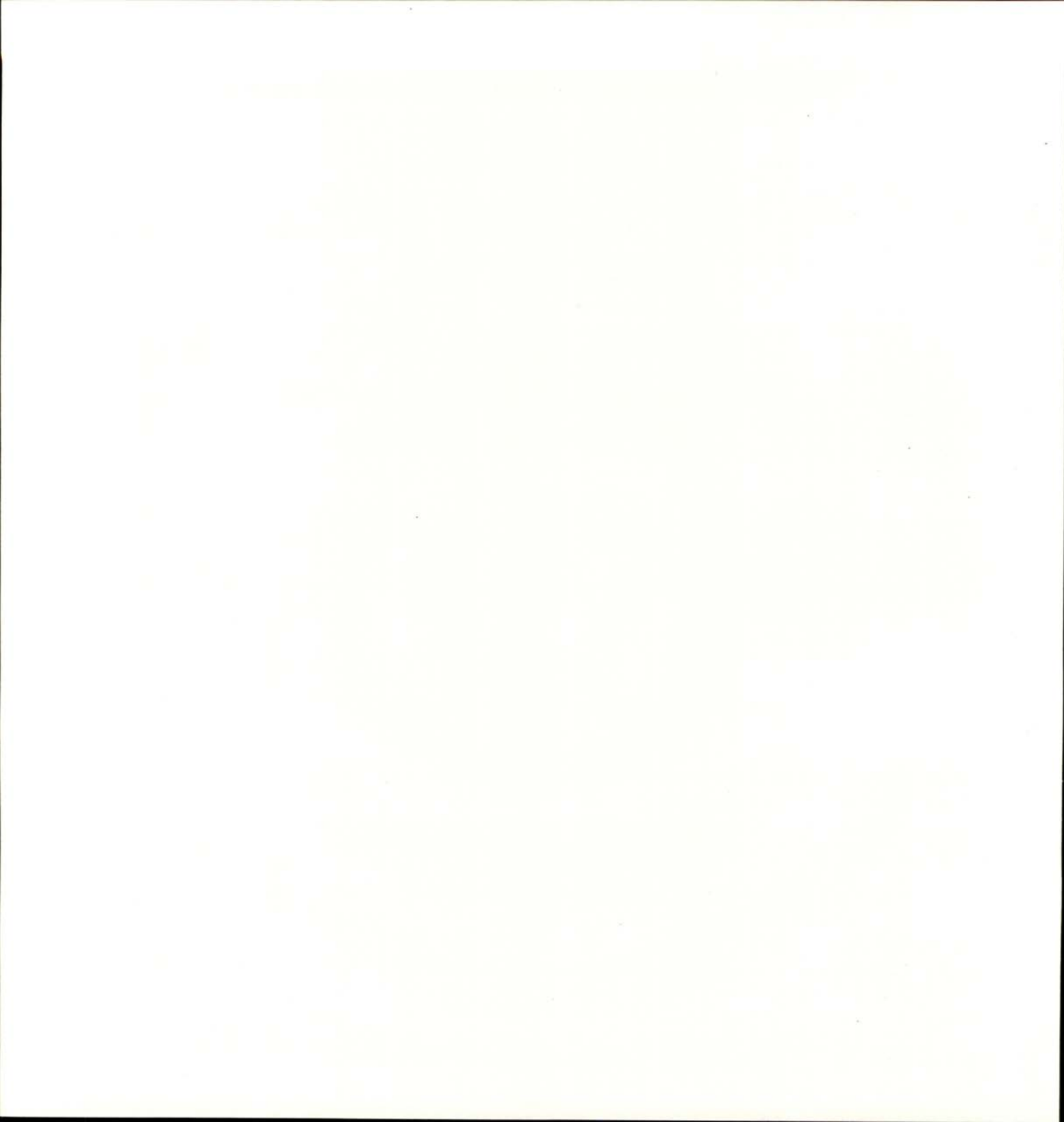
*The Magic of Discovering Your Personal Mission*

# **CORE PASSION**

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**Workbook**

**James W. Huber**



WORKBOOK  
for

CORE PASSION:  
The Magic of Discovering  
Your Personal Mission

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# INTRODUCTION

This workbook is designed to help you get on the path to discovering your personal mission. By uncovering your core passion—the thing you most deeply care about doing with your life at this point—you increase the value of your life both to yourself and to any organization in which you may choose to work.

You will be provided with the principles, techniques and exercises to:

- Uncover your core passion
- Define your personal mission
- Devise a workable plan for accomplishing it
- Continually energize and nurture your mission to its successful accomplishment

The techniques outlined in this guide all appear in greater detail in the audiocassettes. Set aside time to complete the section on TARGETING while listening to the tapes. The remaining sections can be completed after listening to the program.

# THE CORE PASSION FORMULA

$$CP \rightarrow \frac{VIM}{W} \rightarrow PM$$

CP = Core Passion

VIM = Vision, Innovation and Motivation

W = The Wellspring

PM = Personal Mission

When you discover and tap into your core passion, you unleash vision, innovation and motivation, the VIM factor. You also access a very powerful source of energy and guidance: the Wellspring. Out of this process, a deeply meaningful goal that you are fully invested in achieving—your personal mission—is born.



# TARGETING

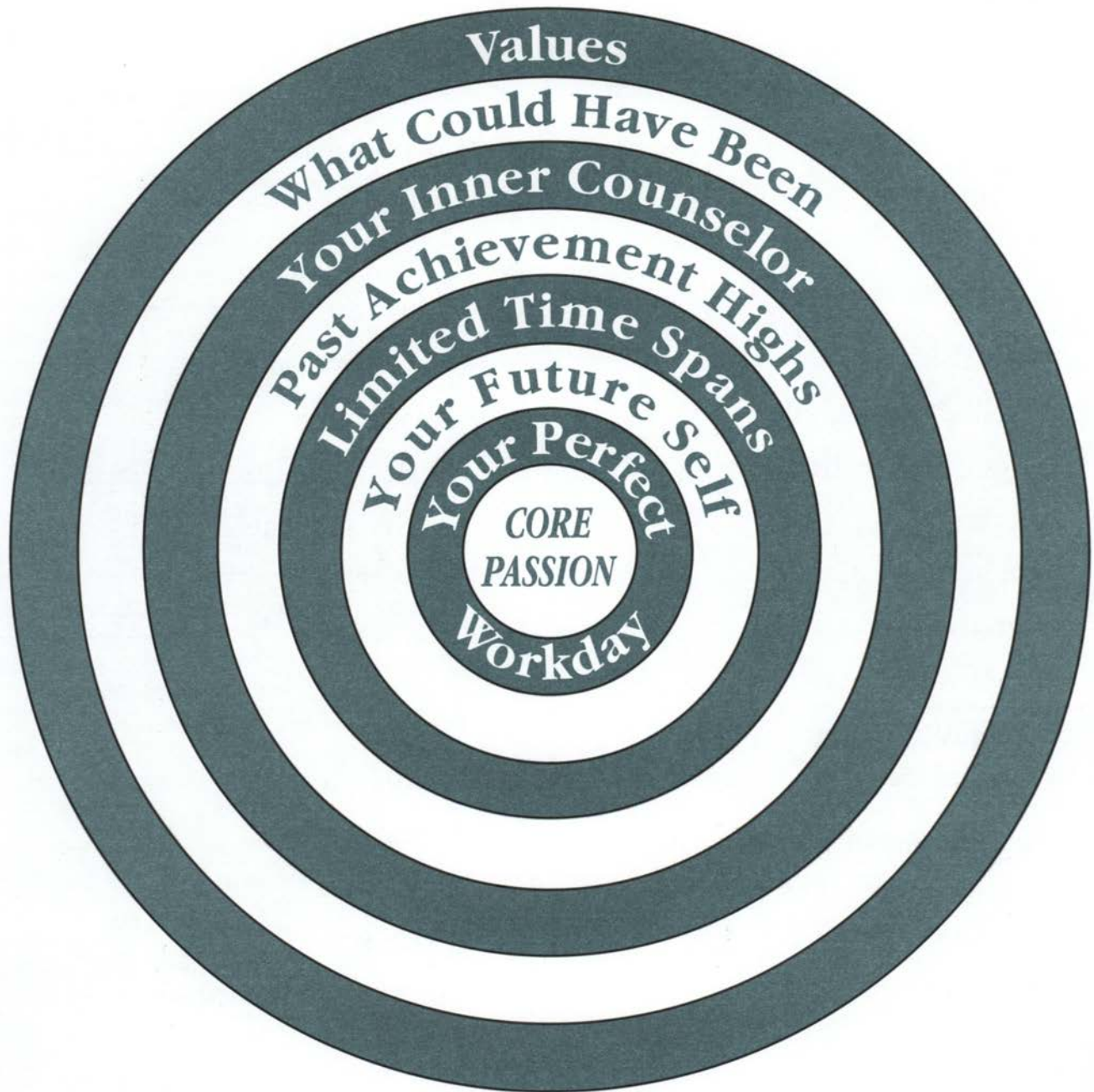
## CURRENT WORK LIFE GRIPE LIST

**Directions:** In the left-hand column, list at least ten elements you don't like about the duties you are spending a major part of your work life performing. In the right-hand column, write why these elements are dissatisfying.

DISSATISFYING ELEMENTS	WHY DISSATISFYING?
(example: I'm not paid enough)	(example: I want a bigger house)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



# THE SEVEN RINGS OF PASSION



# THE FIRST RING OF PASSION: VALUES

## TABLE: WORK LIFE VALUES

Independence	Commitment
Security	Variety of tasks
Power	Travel
Loyalty	Achievement of goals
Friendship	Meet new people
Intellectually challenging	Duty, honor
Physically challenging	Work "near the heart of things"
Leadership	Totally separated from personal and family life
Self-actualization	Family involved in work life
Wealth	Service
Work alone	Prestige
Work with a team	People-focus
Enjoyment	Things-focus
Pleasant and/or stimulating physical environment	Defined schedule
Location	Loose schedule
Expertise	Creativity, innovation

# YOUR 10 MOST IMPORTANT WORK LIFE VALUES

(Refer to the table on the previous page for possible selections of work life values you feel are important and consider the values indicated by the Gripe List you completed on page 6.)

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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# RANK ORDERING OF YOUR 10 MOST IMPORTANT WORK LIFE VALUES

**Directions:** Break the 10 work life values you listed in the previous exercise into two groups of five: the five most important and the five relatively less important. Then take each group of five and rank order the five values among themselves.

## MOST IMPORTANT

1.

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2.

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3.

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4.

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5.

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## LESS IMPORTANT

6.

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7.

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8.

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9.

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10.

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# CHART: VALUES AND YOUR CURRENT JOB

**Directions:** In the far left-hand column, list the ten prioritized values from the previous exercise in descending order from most important to least important. For each value, mark an "x" in the appropriate column for how strongly you feel supported and able to express that value in your current work situation.

YOUR VALUES RANK ORDERED	STRONGLY EXPRESSED & SUPPORTED	WEAKLY EXPRESSED & SUPPORTED	BASICALLY VIOLATED
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



# THE SECOND RING OF PASSION: WHAT COULD HAVE BEEN

What could you be doing in your work life if you had been given everything you needed?

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What stopped you?

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Why do you continue to let it stop you?

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# THE FOURTH RING OF PASSION: PAST ACHIEVEMENT HIGHS

**Directions:** List 5 to 10 experiences in which you achieved goals that were personally meaningful to you. Pick at least one from childhood, adolescence and adult life.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## TABLE: PREFERRED SKILLS

Achieving goals	Experimenting	Organizing
Administrating	Financial	Persuading
Advising	Graphic	Physical activity
Analyzing	Healing/treating	Planning
Artistic	Interpersonal/social	Politicking
Cleaning	Intervening	Presenting
Clerical	Imagining/visualizing	Problem-solving
Coaching	Judging (moral)	Protecting/defending
Communicating	Managing	Researching
Creating	Manufacturing	Selling
Decision-making	Measuring	Simplifying
Delegating	Motivating	Synthesizing
Designing	Negotiating	Teaching/training
Developing	Numerical	Technical
Evaluating	Operating equipment	Writing

# CHART: SKILLS USED FOR EACH PAST ACHIEVEMENT HIGH

**Directions:** In the left-hand column, list the past achievement highs from the previous exercise. In the right-hand column, refer to the table of preferred skills (see previous page) to list the skills used in attaining each past achievement high.

PAST ACHIEVEMENT HIGH	SKILLS USED
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

# RANK-ORDERED LIST OF YOUR PREFERRED SKILLS

**Directions:** Based on the previous exercise, put your list of preferred skills in order of priority with number one being the skill most often used, and number ten being the skill that was least used in attaining your achievements.

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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# THE FIFTH RING OF PASSION: LIMITED TIME SPANS

**Directions:** Imagine you only have the indicated time span left until: a) the end of your life *and* b) your retirement. How would you spend that time?

## One Day

a) \_\_\_\_\_

b) \_\_\_\_\_

## One Week

a) \_\_\_\_\_

b) \_\_\_\_\_

## One Month

a) \_\_\_\_\_

b) \_\_\_\_\_

## One Year

a) \_\_\_\_\_

b) \_\_\_\_\_

## Five Years

a) \_\_\_\_\_

b) \_\_\_\_\_

## Ten Years

a) \_\_\_\_\_

b) \_\_\_\_\_

## Thirty Years

a) \_\_\_\_\_

b) \_\_\_\_\_

# THE SIXTH RING OF PASSION: YOUR FUTURE SELF

Advice from your Future Self based on your current work life:

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Advice from your Desired Future Self:

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# CHART: ELEMENTS OF YOUR PERFECT WORKDAY

**Directions:** Using the information from the previous exercise, fill in the activities, environment and people of your perfect workday in the appropriate column depending on how important they are to you.

	Must have to be happy and satisfied	Would like to have	Can take it or leave it
<p><b>ACTIVITIES</b>  (What you do; skills used)</p>			
<p><b>ENVIRONMENT</b>  (Where you do it; physical elements; props.)</p>			
<p><b>PEOPLE</b>  (Who you do it with)</p>			

**Directions:** Based on all previous exercises, write a statement for each category listed below.

Your Core Passion: \_\_\_\_\_

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Your Vision: \_\_\_\_\_

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Your Mission Statement: \_\_\_\_\_

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Your Ultimate Goal: \_\_\_\_\_

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# INNOVATION

## THE TEN COMMANDMENTS OF KING STAGNATION

Remember—you need to break each one to become more creative and innovative in your thinking and problem solving.

1. Thou shalt not think off-the-wall thoughts. Thou shalt always be practical, logical and realistic.
2. Thou shalt not challenge any taboos, accepted laws, revered traditions or assumptions.
3. Thou shalt not use intuition, which is like a dream's random and nonsensical flutterings.
4. Thou shalt not take time to let ideas incubate. Thou shalt get the one best answer quickly.
5. Thou shalt not consider alternative thinking strategies. Thou shalt not play with thy thoughts!
6. Thou shalt not look at a problem from other points of view. Thou shalt assume thy natural, first perception and conception of the problem is correct.
7. Thou shalt not go exploring outside thy own area of specialization.
8. Thou shalt not consider thyself creative. Thou art not Picasso or Mozart or Einstein.
9. Thou shalt not rattle thy cage and get thy thinking all upset with new ideas that force thee to change.
10. Thou shalt not screw up, goof up, make mistakes or fail.

# PROPOSAL FOR INNOVATIVE CHANGE IN YOUR ORGANIZATION

**Directions:** This is a set of guidelines you can use to outline a rough draft of your proposal for innovative change in your organization. Fill in the following information:

1. Identify the problem/challenge/opportunity you are addressing.

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2. Describe the new product, program, procedure or policy you propose and how it answers the need in #1.

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3. List the resources you have on hand for implementing your proposal and the resources you need to get.

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4. List the obstacles you anticipate and how you can deal with them.

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5. Specify goals and target dates; in other words, elements you can measure.

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6. Estimate the dollar amount of net savings or profit in the first year of full implementation of your proposal.

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# RESOURCEFULNESS

## ELEMENTS TO INCLUDE IN YOUR BRAINFEEED

**Directions:** Write a meditation that reminds you how to think about yourself and your mission. It can be anywhere from one page, typed and single spaced, to several pages in length; whatever length you need to capture the essence of what your mission entails.

Your meditation should include at least the following elements:

1. A statement of your core passion, and
2. A statement of your personal mission. You can use what you have already written on these two in the section on Targeting.
3. A statement of your operating principles. Come up with the 10 most important operating principles you want to guide your behavior (e.g., "I am constantly seeking to improve the quality of my product").
4. A statement of your ultimate goal and other important goals along the way to the ultimate goal as specified in your action plan.
5. The target dates for the accomplishment of each of these goals.
6. Your convictions about the worth of your mission and its eventual success.
7. The attitudes you believe you need to have in order to accomplish your mission, including the attitudes you need when you experience adversity and apparent setbacks.

You can also add any other statements that serve as motivators for you, such as specific strategies you are going to use or the benefits that will come to you and others as a result of your mission. You can include statements about the price you are willing to pay in order to make sure you accomplish your mission.

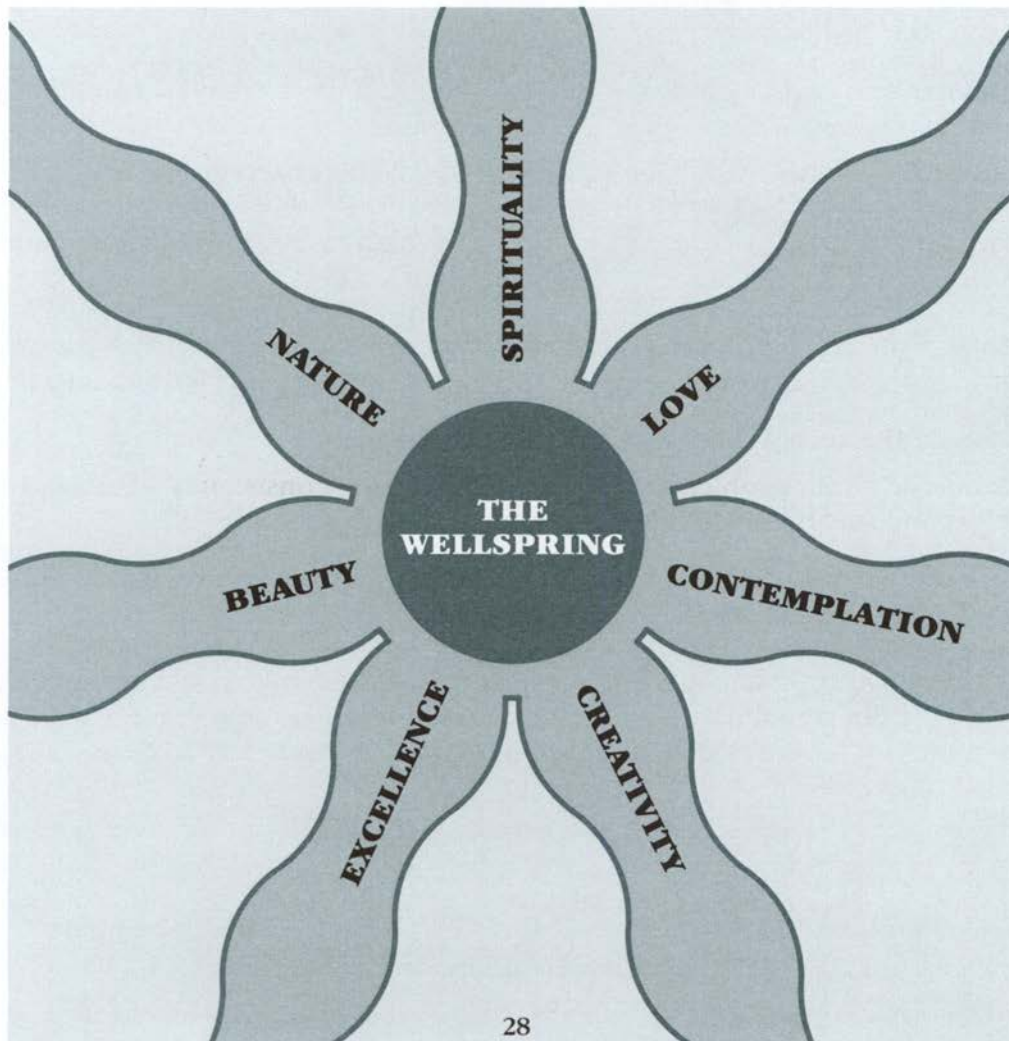


# NURTURANCE

## THE SEVEN CHANNELS OF THE WELLSPRING

Deep nurturing has to do with feeding our lives as well as our missions from deep within, at the roots of our being. It is here you will find the Wellspring.

The Wellspring is a huge resource of energy and guidance and healing. It can be accessed by digging wells to the seven channels shown below.



# SELF-MANAGEMENT

## SELF-ASSESSMENT RATING SCALE

**Note:** This instrument is intended as a quick, informal method of assessing your level of psychological maturity for mission building. It is not a scientific instrument and the scores are meant only for interest's sake. Your score does not scientifically represent how you compare to your peers, nor does it predict your success in accomplishing your mission. The ratings and score are simply meant to help you take a look at how you operate as a psychological being and to point out areas in your functioning you may want to look at further.

**Directions:** For each of the 15 characteristics of psychological maturity listed below, rate yourself according to the following scale.

- 4 = "Picture of Health": You have no problem with this characteristic in your functioning.
- 3 = "Not Too Bad": You could do better; you have some trouble with it sometimes, but you basically manage it OK.
- 2 = "Significant Problem": You consistently have a problem with this characteristic. You may be able to squeak by with it but the problem reduces your effectiveness to a significant extent.
- 1 = "Saboteur": Your problems with this characteristic consistently sabotage your efforts to get and stay on track. It knocks you out of action.

### INNER PEACE

- \_\_\_\_\_ (1) Good Software
- \_\_\_\_\_ (2) Optimal Time-Focus
- \_\_\_\_\_ (3) Effective Ego Boundaries
- \_\_\_\_\_ (4) Self-Awareness
- \_\_\_\_\_ (5) Effective Mood Regulation

(cont'd on page 30)

\_\_\_\_\_ (6) Manage the Disparities and Contradictions Inside

\_\_\_\_\_ (7) Clarity of Values

\_\_\_\_\_ (8) Ability to Tolerate Ambiguity and Uncertainty

\_\_\_\_\_ (9) Sense of Control

\_\_\_\_\_ (10) Centered vs. Reactive

### **COMMUNAL ATTITUDE**

\_\_\_\_\_ (11) You pay your own way

\_\_\_\_\_ (12) Give more than you take

\_\_\_\_\_ (13) Respect others as whole persons

\_\_\_\_\_ (14) Spirit of cooperation

\_\_\_\_\_ (15) Thankful

\_\_\_\_\_ TOTAL SCORE for both Inner Peace and Communal Attitude

### **What Your Score Tells You:**

55 - 60 = Excellent psychological maturity for mission building

50 - 54 = Very good psychological maturity for mission building

45 - 49 = Adequate psychological maturity for mission building

Below 45 = Your level of psychological maturity jeopardizes the success of your mission

**NOTE:** If you have any 1's or 2's, your score may be deceptive since even one 1 or 2 can seriously undermine your mission-building efforts.







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