

Right View, Right Intention

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.

Two statements, two different jobs

A mission is present tense: what you do and who it is for, in language plain enough to act on tomorrow morning. A vision is future tense: the life and work you are building toward, specific enough that you would know whether you got there. A vision with no mission underneath is a daydream. A mission with no vision above it is a treadmill.

WHERE THE TITLE COMES FROM

Two 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. 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.

How to use these five pages

- › Two sittings, not one. Pages two and three gather; pages four and five decide. Leave a night in between if you can.
- › Write badly first, in pencil. You cannot edit a blank page.
- › Be specific. “Help people” is a category, not a mission. Name who, and name how.
- › Prefer to type? The same workbook, in a longer form that saves as you go, is at workbook.soartherapy.org

This workbook belongs to _____

Date _____

What you value, and when you were most yourself

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

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

My three, in order:

1. _____ 2. _____ 3. _____

Now 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:

A moment at work, or in your performance world:

Your two selves, side by side

First, from the page before: what was present in both moments? Who were you being?

Now 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 	What I value most here
What I actually spend my time on 	What I actually spend my time on
What I am quietly avoiding 	What I am quietly avoiding

Where the two columns agree:

Where they pull against each other:

THE THROUGH-LINE

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

What you are for, in fifteen words

A mission that works is present tense, specific enough to fail at, about what you give rather than what you get, and short enough to remember on the days you have the least patience for it.

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

B. On an ordinary day my job is to _____, even when _____.

Now cut the better one to fifteen words or fewer. Remove every word that could apply to anyone.

MY MISSION · PERSONAL

MY MISSION · PROFESSIONAL

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?

Where the work is taking you

Pick a horizon, then describe one ordinary Tuesday at that distance. Not the awards ceremony — a Tuesday. Where do you wake up, what do you do first, and what are you no longer carrying?

☐ 3 years☐ 5 years☐ 10 years

MY VISION

Hold it up to the light

- ☐ It is true today, or true starting today.
- ☐ Someone who knows me well would recognise me in it.
- ☐ I could fail at it — there is a real way to fall short.
- ☐ It is mine, not borrowed from someone I admire.

The Monday test — one thing that will be different this Monday because of what you wrote:

The small, repeatable thing I will do most days to make it true:

NAN KURZ, PHD, LPC

SOAR Educational and Mental Health Therapy

nan@soartherapy.org · (201) 458-0850 · soartherapy.org