



Family Foundations Roundtable

June 29, 2016



THE TIME YOU HAVE (IN JELLYBEANS)



A Life Well Spent

Create your ultimate
“Bucket List” of Goals

Develop Personal & Family Mission
Statements

“Your imagination is your preview of life’s coming attractions”

-- Albert Einstein

Why have a Bucket List of Goals?

“Any road will get you there, if you don’t know where you are going.”

-- Lewis Carroll

- Because it will force you to **clarify what you want.**
- Because it will motivate you to **take action.**
- Because it will provide a **filter** for other opportunities.
- Because it will help you **overcome resistance.**
- Because it will **enable you to see & celebrate your progress.**

Why Write Down My Goals?

The secret to accomplishing what matters most to you is committing your goals to writing.

Committing goals to paper and reviewing them regularly gives you a **95%** higher chance of achieving your desired outcomes. Studies have shown that **only 3% to 5% of people in the world have written goals** – the same 3% to 5% who have achieved success in business and earned considerable wealth.

Goal Setting Best Practices

- **Write** down your goals as a **positive** affirmation that you will do, rather than a negative that you will stop. **Example:** “I will eat side salads,” rather than “I will stop eating french fries.”
- **Visualize** success
- **Share** your goals with others
- **Review** your goals
- Have **accountability** partners

KINDS OF GOALS

Goal setting should include much more than financial goals....

- **Health**
- **Financial**
- **Leisure**
- **Personal Development**
- **Relationships**

Health Goals

- **Physical Fitness** – walk, run, yoga, tennis, bike, stand up....Just Do It!
- **Diet** – You are what you eat.
- **Water** – How many glasses do you drink/day?
- **Relax** - Stress is the root of many illnesses.
- **Sleep** – Are you getting enough? Quality?
- **Proactive check-ups** – annual physical, mammogram, prostate, hormones, specialists.

Financial Goals

- Net worth vs income goal – passive vs active
- Rewards for **accomplishments** versus “retail therapy”
- **Peace of Mind** that you will not outlive your assets
- Retirement or a work optional lifestyle?
- How to **empower** beneficiaries.

Leisure Goals

...because happiness is enjoying the passage of time

- Picture your **perfect day** and write down what you are doing.
- List **hobbies** you would like to pursue.
- Do more of your **favorite past times**.
- Replace external mood enhancers with **internal** techniques.
- Be **present**. Fall still. Meditate.

Personal Development Goals

- Learn a new skill, language, technology.
- Take (audit) a class
- Read books
- Attend seminars
- Find a mentor
- Explore your spirituality
- Leave a legacy
- Create your personal mission statement

Relationship Goals

- Who would you like to enhance your relationship with?
- Is there a toxic relationship you should exit?
- Find a mentor
- Family
- Friends
- Co-workers
- Neighbors

MISSION STATEMENTS

“Life isn't about finding yourself. Life is about creating yourself.”

– George Bernard Shaw

Personal Mission Statements:

- Explain **what's important**...what you would like to be, do & have.
- Provide clarity & **gives you a sense of purpose**.
- Defines who you are and how you will live, your **reason for being**.
- Steven Covey refers to developing a mission statement as “connecting with your own unique purpose and the profound **satisfaction** that comes from fulfilling it”.

Create a Personal Mission Statement:

- Identify core values, character strengths and virtues. Ask yourself: What am I passionate about? What are my values? What makes me great?
- Identify goals & priorities
- Write your mission statement
- Repeat, review & revise

Sample Personal Mission Statements

- “To be a teacher. And to be known for inspiring my students to be more than they thought they could be.” [Oprah Winfrey](#)
- “To have fun in [my] journey through life and learn from [my] mistakes.” [Richard Branson](#), Founder of the Virgin Group
- “To serve as a leader, live a balanced life, and apply ethical principles to make a significant difference” [Denise Morrison](#), CEO of Campbell Soup Co.
- “I want to leave the game better than I found it.” [Cal Ripken, Jr.](#)

Sample Personal Mission Statements

- “To use the knowledge I have been blessed with as a student, business person, and human being to pass on to those that do not yet possess this knowledge.” [Unknown](#)
- “I am committed to living my life with understanding and open-mindedness. I value compassion and caring for all people, including myself, paying particular attention to my family and closest friends. I am passionate about appreciating God’s creation by being a good steward of the land and caring for our community. I care deeply about others, especially the underserved and disadvantaged. My mantra is ‘kindness matters.’ Kindness, compassion and education are my core values. They define my purpose and give meaning to my life”. (Source: [Levo League](#))

Sample personal mission statements

- The pursuit of happiness is the main goal of my life. My happiness is not bound by simply gaining materialistic objects, but also by showing kindness towards humanity. I want to live my life with good characteristics such as honesty, rationality, and faith in God. It is my conviction that I will be able to fulfill my future dreams to become a philanthropist and help many in poverty to get a higher education. I strongly believe that education is the only means where the disadvantaged could alleviate the pain of their misfortunes. In my life, I would not have achieved education without the generosity of other individuals and institutions. Helping others will be a rewarding experience. This is also the best means of helping society from my perspective. [Unknown](#)

Sample Family Mission Statements

- The mission of our family is to **create** a nurturing place of **order, love, happiness, and relaxation**, and to provide opportunities for each person to become responsibly independent and effectively interdependent, in order to **achieve worthwhile purpose**.

Sample Family Mission Statements

Article I – Jones Family Preamble

The purpose of this mission statement is to codify our family's mission, shared values, code of conduct, and provides a protocol for working together as a family around our shared wealth.

Article II – Jones Family Mission

We, the members of the Jones Family, want to ensure that our family remains united and shared values and principles strong for each successive generation. **The mission of the Jones Family is to love and respect each other, to maximize our potential, to help the community in which we live, and to keep the family close.**

In fulfilling our family mission, we are proud of our positive contributions to each other, our future generations, our communities and our world.

Sample Family Mission Statements

Article III – Jones Family Shared Values

The family has identified the following **shared values** that are central to promoting harmony and family cohesiveness. Those shared values include:

- ***Compassion and Caring***: Regardless of our differences, we will treat each family member with compassion and understanding.
- ***Respect and Appreciation***: Educate and inform members concerning the family, its traditions, businesses and ministries, and their respective roles therein.
- ***Achievement***: Maximize our potential by continuously improving ourselves spiritually, psychologically, physically and mentally.
- ***Outreach***: Family members are expected to give back on their time, knowledge, skills, and/or financially to the community in which we live. Through volunteering and making significant efforts to better our communities, we will strengthen the regions where we live.
- ***Family Cohesiveness***: Keep the family close by extending the effort to spend quality time together and maintain the bonds of love that we have created.

Source: Genspring Family Offices