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**Living Your Life Mission**

**By Rinatta Paries**

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In last week's article ([http://www.whatittakes.com/Archive/Newsletter30to39/newsletter\\_\\_36.shtml](http://www.whatittakes.com/Archive/Newsletter30to39/newsletter__36.shtml)), I asserted that defining and living your life mission can in fact make it easier to attract your ideal relationship. That's because simply living your life mission automatically attracts your ideal partner.

Sounds simple, right? Well it is and it isn't. It's simple because people who are compatible with you will be drawn to you. But living your life mission is not always effortless.

I believe to live your life mission you need to consistently take three specific steps. These are:

1. Trust and believe in yourself above all else.

Trust that what you have deemed as your life mission is exactly that. Trust this even when others tell you it's not so. Trust when people who are incompatible start to move away. Hold onto your life mission during difficult times and decisions. Use it as a guiding light when you are lost. Believe in yourself.

2. Reorient your life around your life mission.

Does your job reflect your life mission? Does your community? Your hobbies? Your conduct? If not, start making small, incremental changes oriented around your life mission. Small changes are easier to integrate over time and will make the most difference.

3. Use your life mission to discern correct choices in all circumstances.

When choices come up about your career, lifestyle, relationships and conduct, measure them against your life mission rather than against what you want in the moment, or what you feel obligated to do. Always ask yourself, "Will this choice support what I am up to in my life?" If the answer is no, make another choice. If the answer is yes, go for it!

Living a life truly oriented around your life mission will give you a fulfilling life, one that you love. And, when you live such a life, you become very attractive to your ideal partner!

Your Relationship Coach,  
Rinatta Paries  
<http://www.WhatItTakes.com>

(c) Rinatta Paries, 1998–2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit [www.WhatItTakes.com](http://www.WhatItTakes.com) where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

With nearly a decade of relationship coaching experience, Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at [www.WhatItTakes.com](http://www.WhatItTakes.com) or e-mail her at [coach@WhatItTakes.com](mailto:coach@WhatItTakes.com).

## **My Journey**

**By Dr. Tim Sams**

I believe it's important for you to develop a mission statement for your life; one that is unique and articulates your values, goals, dreams; how you want to live.

Your mission statement is a living, breathing testimony of the life you are committed to living. It is also a way to pull yourself back from the darkness when you are feeling lost in the minutiae of misery.

I read my mission statement every morning and it grounds me and reminds me what is important and how I want to be that day. I have not shared this with others before now, because it is intensely personal, but I thought I would share it in this article, in hopes that you will write your own mission statement as one of the first steps in your own sacred journey.

MY JOURNEY by Dr. Tim Sams

I will live with the courage of an open heart, free of convention or expectation.

I will feel passionate about what I do and how I live.

I will shed the toxic and be healed by me and what I bring into my life.

I will feel as one with Mother Earth and my tribe.

I will merge my creative loving energy with others and make fire.

I will learn and mature in wisdom and encourage others to follow their unique path.

## Living Your Life Mission

I will squeeze every drop of joy and playfulness that I can from Life, then release my exhausted body to the earth and my grateful spirit to the winds.

May the universe then know: I lived with purpose; I loved with passion; I laughed often.

\* \* \*

I hope you have a glorious and loving week. Be as good to yourself as you are to others.

Good light,

Dr. Tim Sams  
My Sacred Journey

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A graduate of the University of Michigan, Tim Sams, Ph.D., is a life coach, published author and health psychologist, who teaches, motivates, and inspires others to achieve their personal goals and fulfillment. He resides in Orange County, California with his family, Lari and Leah.

Dr. Sams has multiple offices in Southern California, consulting to a few dozen pain physicians and hundreds of primary care physicians and orthopedic surgeons. He spends one day a week in his office educating patients on

and

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My Journey  
How To Create A Mission Statement  
Writing Your Personal Vision/Mission Statement  
Dream Job Crisis  
Focus On Your Mission!

The First and Second Adam  
Inside The Minds of Winners  
How To Improve Blood Circulation  
Your Own Bible Research Library  
How to become a Chef!



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