

DISCOVER YOUR MISSION

5 Lessons from a 50-State Journey



TheAnthemGirl



Janine Stange.



NationalAnthemGirl

JanineStange.com







WHEN/THEN STATEMENTS





THE HARD-WORKER



**WHEN WORK ISN'T SO CRAZY,
THEN I WILL SPEND TIME WITH MY FAMILY**

THE HELPER



**WHEN EVERYONE ELSE IS HAPPY,
THEN I WILL TAKE CARE OF MYSELF.**

THE HERMIT



**WHEN I FEEL LIKE IT,
THEN I WILL GO FOR A WALK**

THE HYPER-CRITIC



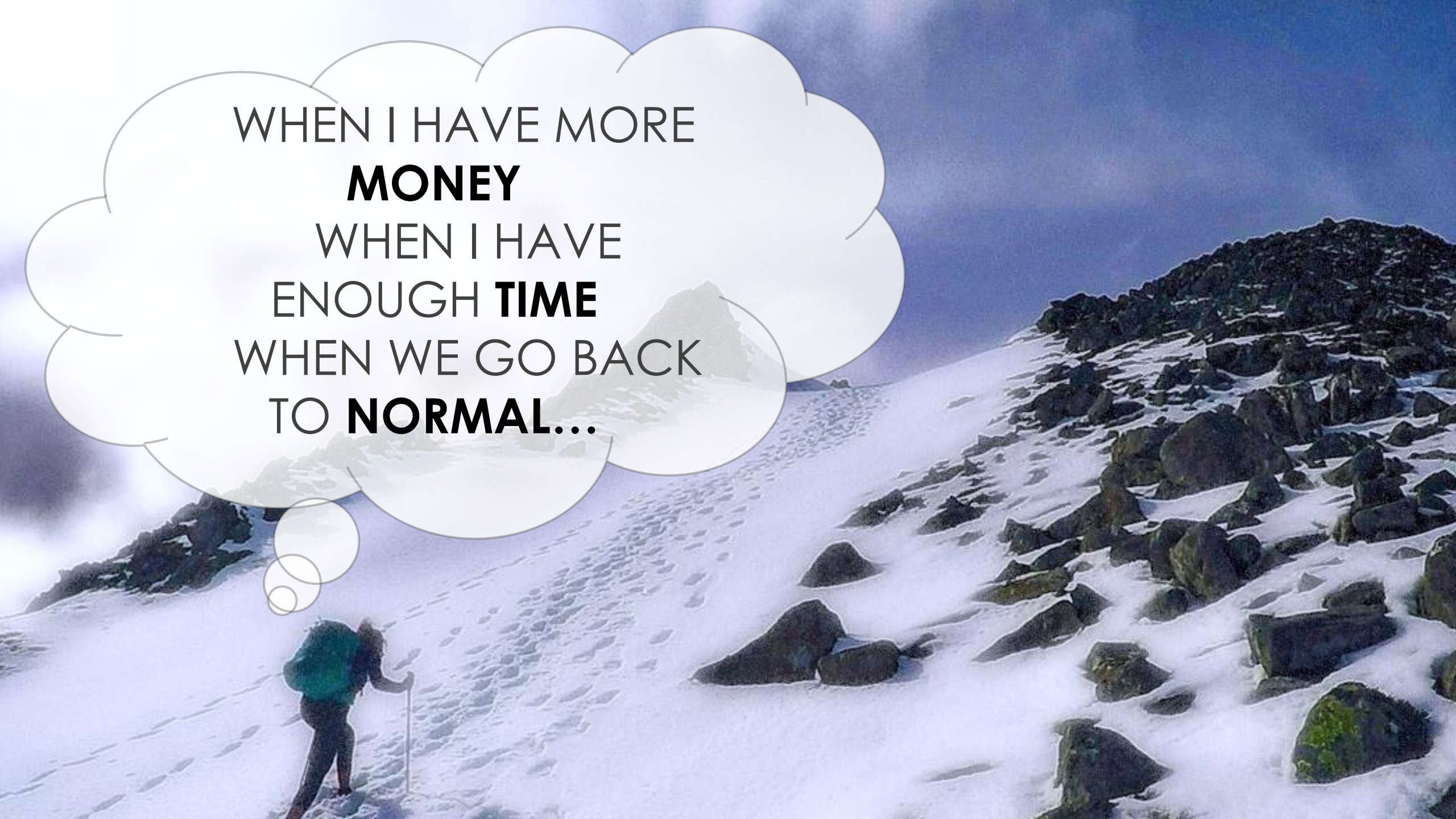
**WHEN PEOPLE SEE MY POTENTIAL,
THEN I WILL CONTRIBUTE.**

THE STREETLIGHT EFFECT

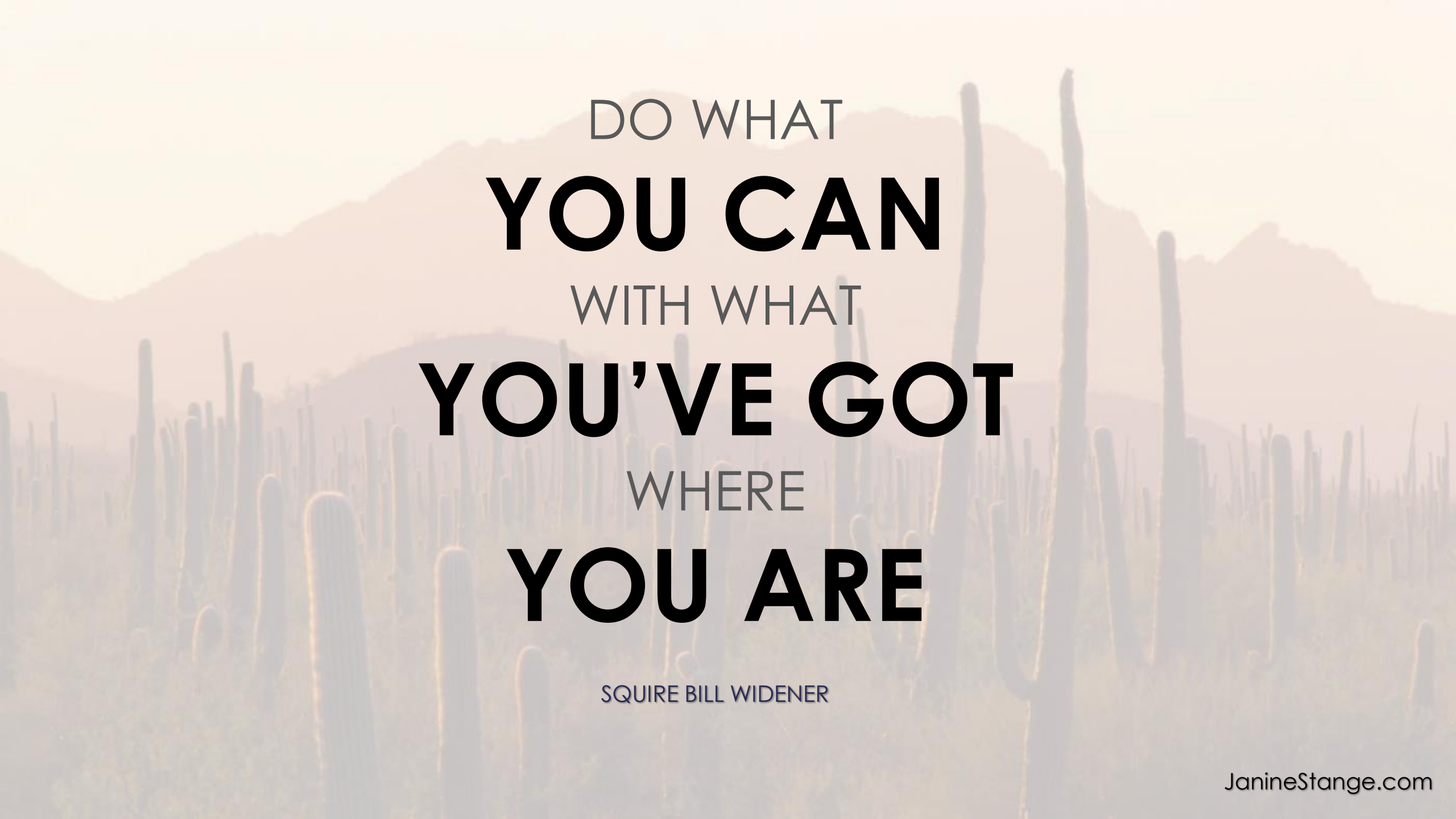
BY PEDRO ALBERTO ARROYO







WHEN I HAVE MORE
MONEY
WHEN I HAVE
ENOUGH **TIME**
WHEN WE GO BACK
TO **NORMAL...**



DO WHAT
YOU CAN
WITH WHAT
YOU'VE GOT
WHERE
YOU ARE

SQUIRE BILL WIDENER

**IF YOU COMPROMISE
YOUR VALUES -
YOU WILL
ULTIMATELY LOSE**



8%



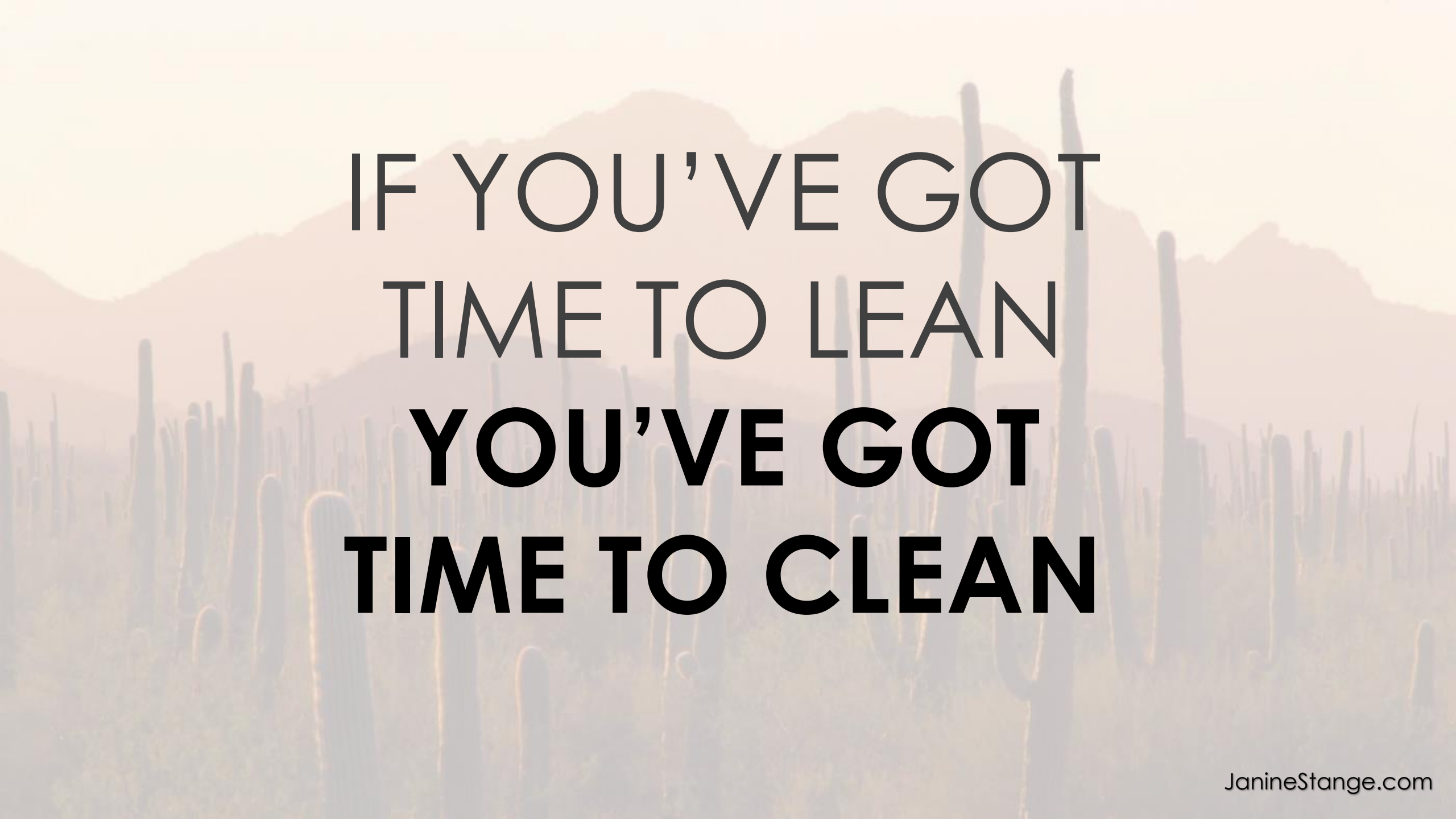
A motivational quote is centered over a blurred desert landscape. The background shows a field of saguaro cacti in the foreground and a range of mountains in the distance under a hazy, warm sky. The text is in a clean, sans-serif font, with the word 'SWEAT' in a larger, bolder font than the other words.

NEVER LET
'EM SEE YOU
SWEAT



CALM

is contagious.

A desert landscape with saguaro cacti and mountains in the background, overlaid with text.

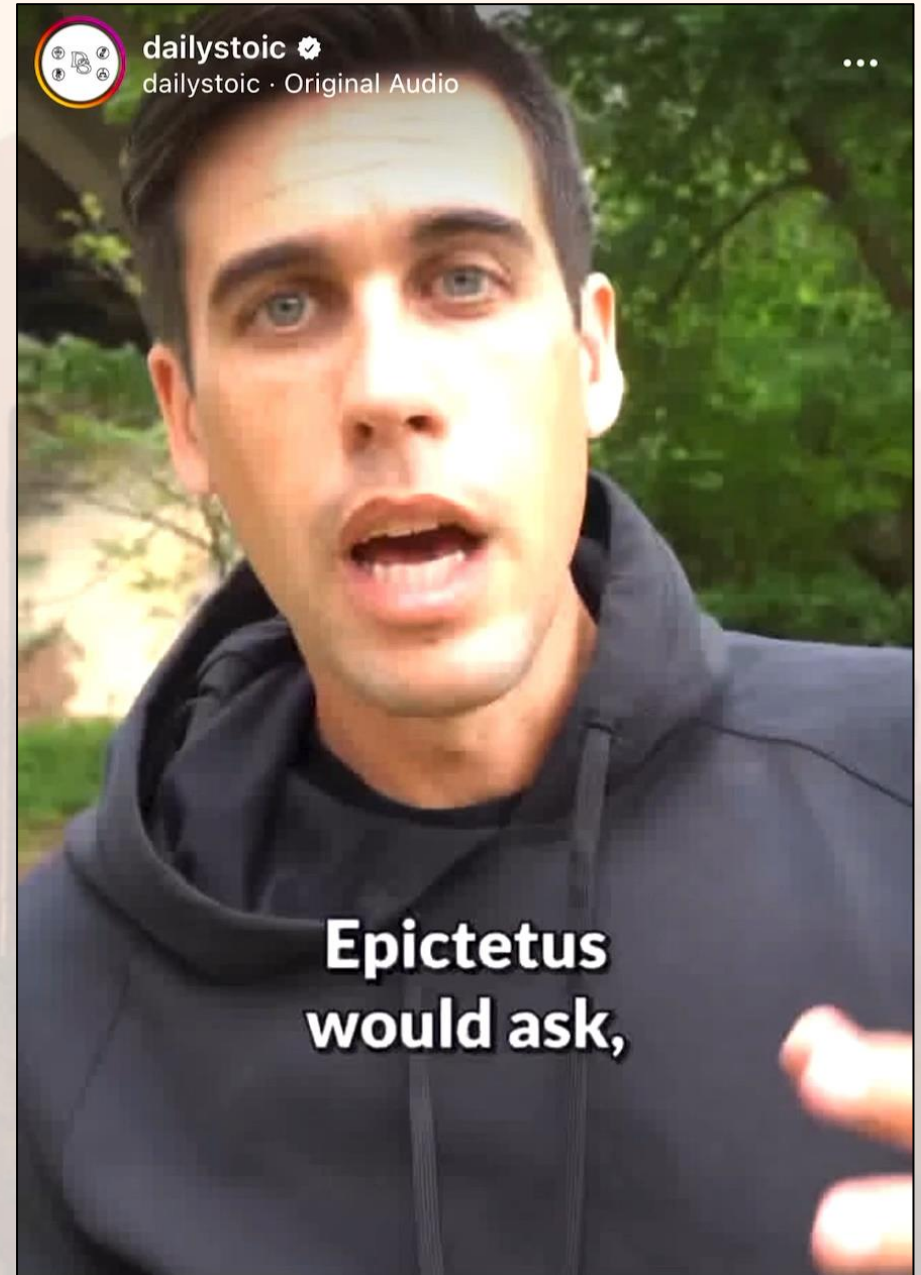
IF YOU'VE GOT
TIME TO LEAN
**YOU'VE GOT
TIME TO CLEAN**

A desert landscape with saguaro cacti and mountains in the background, overlaid with text.

CHECK YOUR
BLINDSPOTS
(AND YOUR NOSE)



BACK TO YOUR
**WHEN/THEN
STATEMENTS**











“NATIONAL ANTHEM GIRL”



AnthemGirlDoc.com



A desert landscape featuring numerous saguaro cacti in the foreground and a range of mountains in the background. The scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The text is centered over the image.

DON'T JUST SAY YOU CARE
SHOW YOU CARE

Would you like to make yourself available to write notes of encouragement to our veterans and military?

JOIN JANINE'S TEAM!

Text **USA to 33777** or visit **JanineStange.com/Join**
Missions come approximately once a month.

A hand is holding a black smartphone. The screen of the phone is white and displays the following text in a clean, sans-serif font: 'TEXT:' in a medium size, 'USA' in a large, bold size, 'TO:' in a medium size, and '33777' in a large, bold size.

TEXT:
USA
TO:
33777





TEXT:
USA
TO:
33777



**FEAR IS NOT
THAT SCARY +
COMFORT ZONES ARE NOT AS
COMFORTABLE AS THEY SEEM.**

MADE OF METTLE

- Be clear on your **MISSION**
- Make a **MOVE**
- Remember your **MOTIVE**
- Habitually **MAINTAIN**
- Take a **MOMENT**



WHEN I MAKE IT BIG

(THEN I WILL GIVE BACK)



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MOUNTAINS MOVE
WHEN PARADIGMS SHIFT.



IT DOESN'T MATTER
IF YOU START SMALL
WHAT MATTERS
IS THAT YOU
START TODAY!

- PATTY



FOLLOW



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5:20 † Saint Thomas Health

VS

VS

RJYoung Your productivity is our mission.

Coca-Cola

LP

LP FIELD

TENNESSEE TITANS





SHARE YOUR WHEN/THEN



Resistance is experienced as fear; the degree of fear equates to the strength of Resistance. Fear is good. Like self-doubt, fear is an indicator. Fear tells us what we have to do.

Therefore, the more fear we feel about a specific enterprise, the more certain we can be that that enterprise is important to us and to the growth of our soul.

That's why we feel so much Resistance. If it meant nothing to us, there'd be no Resistance....

The most pernicious aspect of procrastination is that it can become a habit. We don't just put off our lives today; we put them off till our deathbed.

Never forget: This very moment, we can change our lives. There never was a moment, and never will be, when we are without the power to alter our destiny. This second, we can turn the tables on Resistance.

This second, we can sit down and do our work. – STEVE PRESSFIELD

“**ASK YOURSELF** WHAT IS REALLY IMPORTANT AND THEN HAVE THE COURAGE TO **BUILD YOUR LIFE** AROUND THE ANSWER.”

– UNKNOWN

My Core Values

How are you showing up at work? In your personal relationships? For yourself? How you show up in the world is determined by your core values.

It doesn't take years of self-reflection to uncover your core values. This simple exercise can help you determine them so you can start aligning your personal goals with them today!

STEP 1: From the list, circle every core value that resonates with you. Do not overthink your selection. As you read through the list, simply circle the words that feel like a core value to you personally. If you think of a value that you possess, but it is not on the list, add it in the blanks provided.

Abundance
Acceptance
Accountability
Achievement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Collaboration
Community
Commitment
Compassion
Consistency
Contribution
Cooperation
Creativity
Credibility
Curiosity

Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Flexibility
Friendships
Freedom
Fun
Generosity
Grace
Growth
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence
Intuition
Joy

Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a
Difference
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Performance
Personal
Development
Peace
Perfection
Playfulness
Popularity
Power
Preparedness
Proactivity
Proactive
Professionalism
Punctuality
Quality
Recognition
Relationships
Reliability
Resilience

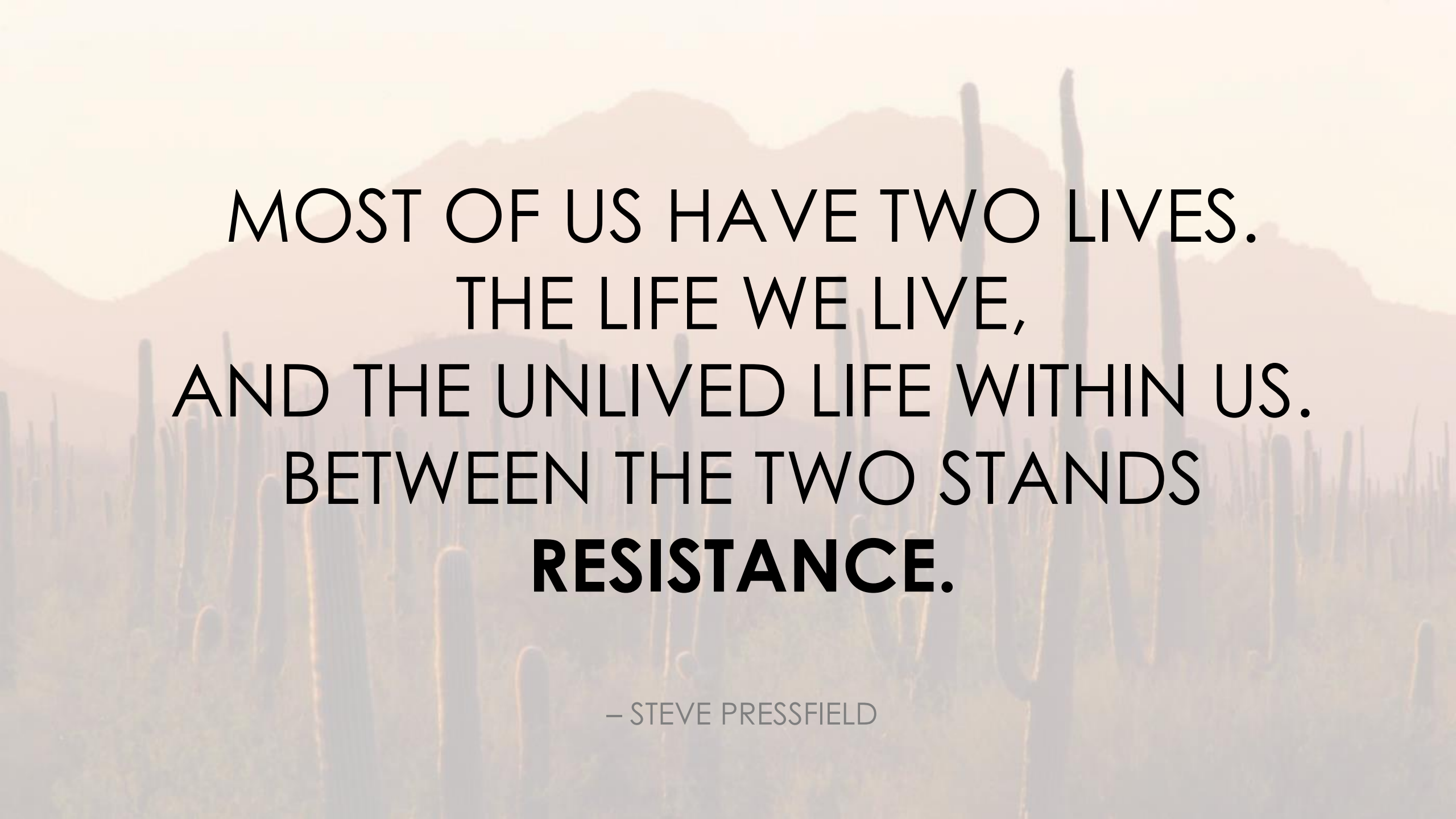
Resourcefulness
Responsibility
Responsiveness
Risk Taking
Safety
Security
Self-Control
Selflessness
Service
Simplicity
Spirituality
Stability
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal

My Core Values

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

My Core Values

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
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Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			



MOST OF US HAVE TWO LIVES.
THE LIFE WE LIVE,
AND THE UNLIVED LIFE WITHIN US.
BETWEEN THE TWO STANDS
RESISTANCE.

– STEVE PRESSFIELD



THEN IS.....
NOW

Then Is Now

The life I want to live:

The life I'm living:

**“Most of us have two lives. The life we live, and the unlive life within us.
Between the two stands Resistance.” – Steve Pressfield**





Be More
Present

Connect With
Nature

Move My
Body

Be Mindful of My
Diet

Express
Gratitude

Pursue
Ikigai

My Ikigai

Be More
Present

Connect With
Nature

Move My
Body

*It doesn't matter if you **start small** – what matters is that you **start today** – Patty Stange*

Today I will...

--

Today I will...

--

Today I will...

--

My Ikigai

Be Mindful of My
Diet

Express
Gratitude

Pursue
Ikigai

Do what you can, with what you've got, where you are – Squire Bill Widener

Today I will...

--

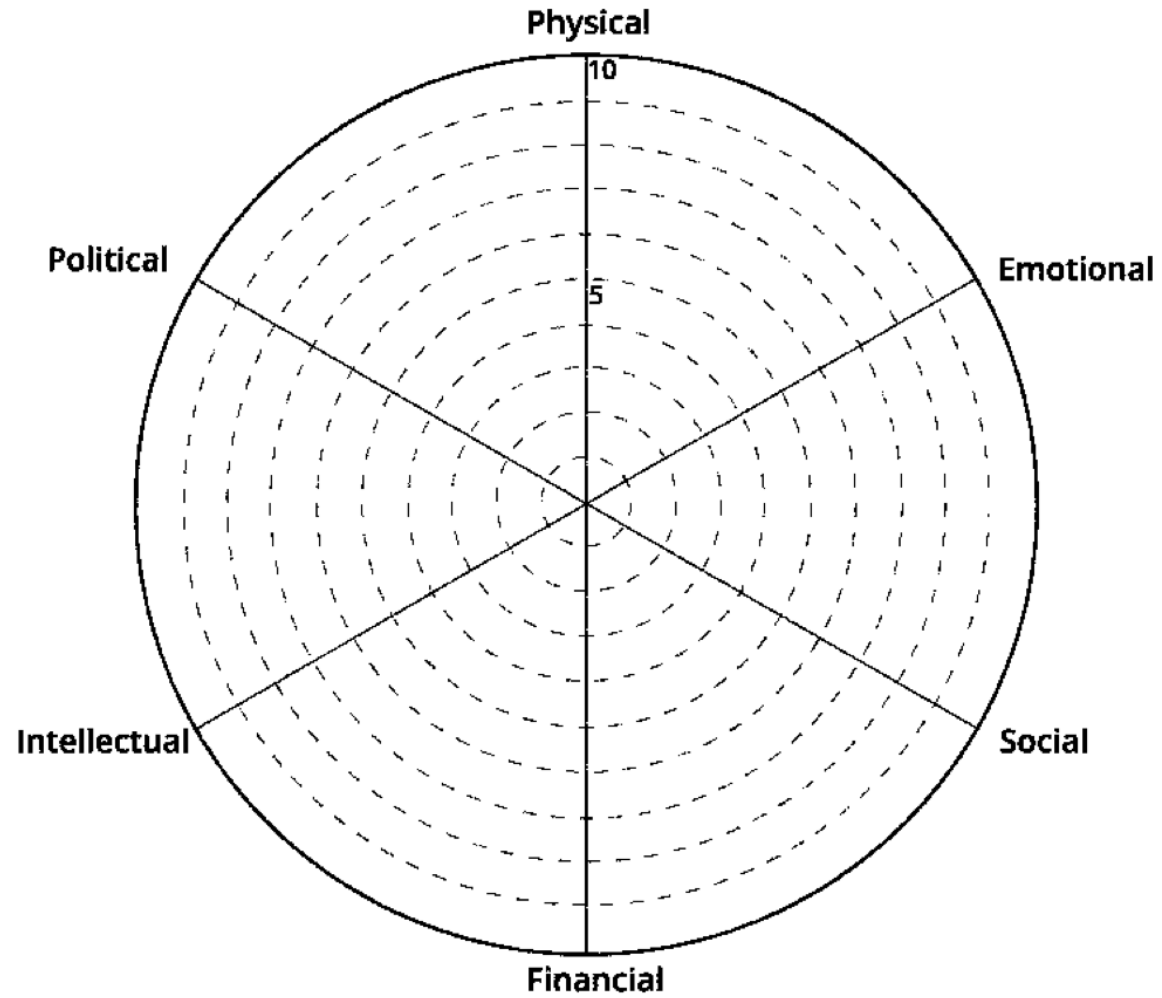
Today I will...

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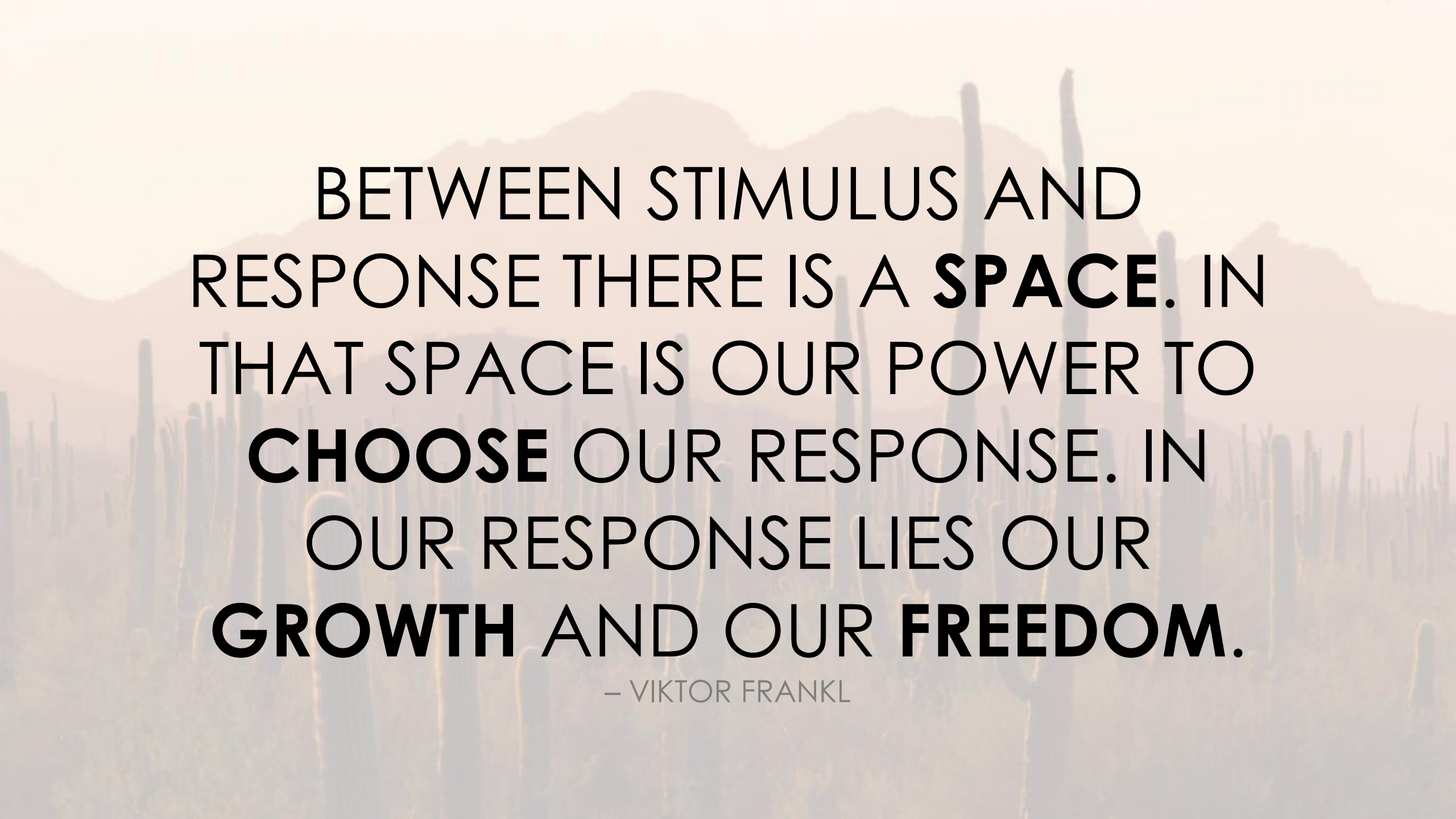
Today I will...

--

My Risk Profile



Source: Tina Seelig



BETWEEN STIMULUS AND
RESPONSE THERE IS A **SPACE**. IN
THAT SPACE IS OUR POWER TO
CHOOSE OUR RESPONSE. IN
OUR RESPONSE LIES OUR
GROWTH AND OUR **FREEDOM**.

– VIKTOR FRANKL

FOLLOW



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