



# 5 Ways To **FIND YOUR SENTENCE**



## **1** *PICK THE RIGHT TIME TO THINK ABOUT IT*

Making decisions takes time and experience. Don't make choices while worried or distracted. It takes time and effort to distill down the essence of what you're trying to achieve in a short and memorable sentence. Reducing life to a handful of words is a mighty challenge.

## **2** *HOW DO YOU WANT TO BE REMEMBERED?*

This is powerful at any point in your career, but the sooner you do this, the more time you have to make changes so that you can become the person you are capable of becoming.

## **3** *THINK ABOUT HOW YOUR LIFE IS AFFECTED*

Begin by focusing on what is most important. There is no right and wrong or good and bad. But there is ONE thing that probably defines you more than anything else.

## **4** *ONE SENTENCE FOR ONE DEFINING MOMENT.*

Creating a personal sentence is a useful exercise in self-analysis. More so if you apply the process to reflect upon your results and your goals.

Did I achieve what I set out to achieve?  
Did my results stand the test of time?  
Did I help others to succeed?

## **5** *ASK PEOPLE WHO KNOW YOU BEST*

They might surprise you with how much insight they have into your life

Consider these fundamental questions to help you consider how you would sum up your life in six words or less.

How can I help?  
What is my influence?

Summing up your purpose in a few words challenges you to think about what work and life mean to you and how you influence the people around you.



**DAVID BRETT-WILLIAMS**

ADVANCING PROFESSIONAL DEVELOPMENT THROUGH VIRTUAL MENTORING