
Personal Aspirations

by

Coach Kip

Introduction

I had started to use a personal aspiration about 4 months ago as I was working on developing a home business and coaching football in the summer. I instantly found that I had a better day. I found that instead of having someone there to tell me that I was a great person, and I could boost myself up, I could give myself a little pep talk.

I read my personal aspiration everyday in the morning on my way to football practice. Then I read it after I took a shower. I actually posted it on my mirror in my bathroom so I saw it everyday. It was great, I was motivated, I worked effortlessly. I was loving it.

I decided to give this information to my students. I developed a short lesson plan that we did as a warm-up for a week. After that week we watched a couple of episodes of The Big Idea with Donny Deutch. They ate it up, and I was surprised. What I already knew is that in Metro Schools there is not a lot of support at home. It is a problem that is Nation wide. There is a reason that students go to a Metro School. For those of you who do not know it is a big problem. Suburban schools are doing very well, rural and small community schools are doing well. So what is wrong with Metro Schools. For most of the US metro schools are filled with low income students. We have a very unique and diverse population where students are for the most part first generation Middle class. What goes along with this a poor support system at home. Most of my students do not live with their biological father, or mother, or both. There is just too many students growing up in foster care, in grandparents homes, aunts uncles, or just with friends.

What happened was my students began to realize that they did not need someone to tell them that they were good. They could tell themselves. They followed along intently, something that I could not do with Algebra I. They took notes, and when they turned it in, most of them had great ideas, and great statements about themselves. Even as ninth graders they had very deep thoughts about themselves and their lives. I was happy and proud. This is what I was born to teach.

As I taught this to my students I began to redo mine. Now I am going to give you a combination of what I taught that week, and what I have done for mine. I hope that you will get something out of it. And as I told my students over and over again. Successful people do this. They may call it something else, a mantra, a motto, a mission statement, but it is all the same. How successful do you want to be?

Definition

There are several different kinds of personal aspirations that I have come across. They are even titled different things such as Personal Statement, Personal Commercial, Inspirational Statement, Personal Mission Statement and more. They are all the same thing.

A Personal Aspiration is a statement, a poem, or a motto, that should help guide you through your day, and help mold your life.

A Personal Aspiration must be yours. It must be written by you for you. It does not matter what others think of it, it only matters if it is good for you.

A Personal Aspiration must be read all the time. Once you memorize it you can go over it at any time. I like to read mine in my car on my way to teach, then again while I am brushing my teeth before bed.

A Personal Aspiration should be in a place that can be seen. I still use an old fashion planner and I have mine in it. Every time I open the planner it falls out and I see it. I also have it taped to my mirror in my bathroom.

A Personal Aspiration should be read out loud. It should be read with passion and belief. I should be read with the attitude that you have already become that person.

A Personal Aspiration should be read whenever things get tough. It is like you giving yourself a pep talk.

A Personal Aspiration should include goals, beliefs, and things that you want to become and it should be a reassurance of the things that you already like about yourself. It should be an outline of who you are working toward being.

A Personal Aspiration is yours. It can be done in any way you wish as long as it works for you. It should always be positive, uplifting, and encouraging. Every great leader, business person, coach, athlete has a personal aspiration of some sort. They may not call it that, but they have one.

Examples

This is an example of a personal mission statement. This is to be about 100-350 words long. It should be able to fit on a 3x5 card so that you can put it in your pocket and pull it out at any time.

I am a dynamic, energetic, positive leader. I live my life knowing that all good things will come to me as a result of my positive actions and thoughts. Money rains down upon me. Money comes to me effortlessly. I coach, mentor, and teach in a positive and effective manner always. Relationships are the backbone of my life and I welcome them. I keep in touch with old friends, and find new ones all the time. I am positive and magnetic. I am learning, growing and getting better every day in every way.

This is the type that I use. I like it because it is quick and easy to use. It is also very portable and I can memorize it within a couple of weeks. That way I can recite it anytime I want.

The second example is of a personal commercial. This can be found in the book *The Magic of Thinking Big* by David J Schwartz.

Tom Staley, meet Tom Staley – an important, a really important person. Tom, you're a big thinker, so think big. Think big about Everything. You've got plenty of ability to do a first-class job, so do a first-class job. Tom you believe in Happiness, Progress, and Prosperity. So: talk only Happiness, talk only progress, talk only prosperity. You have lots of drive, Tom, lots of drive. So put that drive to work. Nothing can stop you, Tom, nothing. Tom, you're enthusiastic. Let your enthusiasm show through. You look good, Tom, and you feel good. Stay that way. Tom Staley, you were a great fellow yesterday, and you're going to be an even greater fellow today. Now go to it, Tom. Go forward.

I always picture this being done in your car on your way home. Instead of listening to all those commercials every time a commercial comes on you pull out your commercial and read it to yourself. Everyone can probably think of some commercial jingle that they can recite word for word. For my generation it was the McDonald's Big Mac. Remember? "Two all beef patties, special sauce, lettuce, cheese, pickles, onions, on a sesame seed bun". It has been years and I still remember it. I did not even have to look it up. But what did that get me? Nothing except a few extra pound around my mid section. What if instead you read a positive and uplifting commercial about yourself every time a commercial came on. How powerful could that be in your life?

A simple list. Your personal aspiration statement could just be a simple list. I found this on the Internet a while ago.

Aspiration Type	Sample Item
Personal Growth	I will I will have insight into why I do the things I do.
Affiliation	I will have a committed, intimate relationship.
Community Feeling	I will help the world become a better place.
Financial Success	I will have many expensive possessions.
Image	I will achieve the "look" I've been after.
Popularity	I will be admired by many people.

I could not have done this better myself. I especially like the way these are all written in a very positive manner and in the now. In the now is always important. Write these statements as if they have already happened. Write what you want as if you already have it. As you read and re-read these you will find that your actions naturally gravitate toward what you want.

There are many different formats. The key to having a good and useful personal aspiration statement is to find one that works for you. Your statement needs to be one that is important and useful for yourself. It must be written for you by you, and for your enjoyment.

How to Write

the statements should always be positive and as if they have already happened. It should be done in a way that is like writing goals. What I will do is help you along the way.

First we need to write the things that you like about yourself. So list 5 or more things that you like about yourself right now. Think deeply on this, take this like it is the most important thing to your success right now.

5 Things You Like about Yourself

1) _____

2) _____

3) _____

4) _____

5) _____

More _____

Next we need to find some things that we need to work on. So lets write 5 things that we would like to improve about ourself.

5 Things I would change about myself.

1) _____

2) _____

3) _____

4) _____

5) _____

More _____

Lastly we need some goals to achieve in our life. What would like to be, what would you like to become, what would you like to have?

5 Goals that I would like to achieve

1) _____

2) _____

3) _____

4) _____

5) _____

More _____

Here is what I came up with
5 Things You Like about Yourself

- 1) I am a good Coach
- 2) I have a positive attitude
- 3) I communicate ideas effectively
- 4) I always have good ideas
- 5) I am always learning

Next we need to find some things that we need to work on. So lets write 5 things that we would like to improve about ourself.

5 Things I would change about myself.

- 1) I make more friends
- 2) I am in better shape
- 3) I do not limit myself
- 4) I have more energy
- 5) I laugh more

Lastly we need some goals to achieve in our life. What would like to be, what would you like to become, what would you like to have?

5 Goals that I would like to achieve

- 1) I have a passive income of \$100,000
- 2) I work from home
- 3) I am a stay at home Dad
- 4) I coach football
- 5) I have time to do what I want

The Writing Process

Now that we have a list of what we like, what we don't like and what we want to change, so how do we write a personal aspiration?

The way to do so is to take the list that you just made and simply form it into a message. Pick a format and form it up. I would recommend that you write it in an every other statement format. Take one from what you like, take one from what you would like to improve, and take a goal. Then repeat until you have all the ideas that you want to cover. You do not need to use all of them, and if you need to you can have more than 5 things that you need to work on.

There is one thing that we need to do before we start. For the what you would like to change about yourself section, and the goals section you will need to change these statements into positive statements. Do not write what you would like to change, but instead write them as if you were that already.

So here I go. I am going to give a few extra steps in mine just so you can have an idea of what I am doing.

I am going to list the sentences just like they are on the last page in an every other statement form.

I am a good Coach
I make more friends
I have a passive income of \$100,000
I have a positive attitude
I am in better shape
I work from home
I communicate ideas effectively
I do not limit myself
I am a stay at home Dad
I always have good ideas
I have more energy
I coach football
I am always learning

I laugh more
I have time to do what I want

Now we have to turn the negatives into positives.

I am a good Coach
I have many good friends
I have a passive income of \$100,000
I have a positive attitude
I am in the best shape of my life
I work from home
I communicate ideas effectively
There is nothing that I cannot do
I am a stay at home Dad
I always have good ideas
I am the most energetic person I know
I coach football
I am always learning
I laugh all the time
I have time to do what I want

I have one little change. I do not like to have any negative words at all, so I am going to change the statement *There is nothing that I cannot do*. I will change it to *I can do anything I want to do*.

Now I am ready to write. I personally like the mission statement the best. Now all I do is fill in the words that make sense to me. Again it only needs to make sense to you. It is for you and only you. If it works for you then that is what we need to do.

I coach in a positive and effective manner at all times. I am a great coach. Through my coaching and personal contacts I gain many good friends. I always have a passive income of more than \$100,000. I have a positive attitude that brings me everything that I want and need. I am in the best shape of my life. I feel great, I look great, I am great. I am able to work out of my home. I communicate my ideas effectively. I can do anything and everything. I get to stay at home with my family and watch them grow. I always have new and good ideas. I have more energy than anyone I know. I am a football coach. I am learning growing and getting better everyday in every way. I laugh all the time. I have the time to do what I want.

So that is good, but not quite good enough. If you would like you can rearrange it again. I am a bit of a perfectionist so I have to have it just right. All I am going to do now is rearrange it in ways that has similar topics.

I am a great coach. I am a great football coach, and I am a great personal coach. I coach in a positive and effective manner at all times. Through my coaching and personal contacts I have many good friends. I communicate with my friends in a positive and effective manner always. I have a positive attitude that brings me everything I want and need. Through my positive actions I have a passive income working out of my home of more than \$100,000 a year. I get to see my family grow around me. I always have new and great ideas. I have more energy than anyone I know. I am in the best shape of my life. I feel great, I look great, I am great. Life is fun. I have the time to do what I want, and I have fun and love every minute of it. I laugh all the time. I am learning, growing, and getting better everyday in every way.

Conclusion

It is up to you to write your personal aspiration. You can also call it what you want. I have a coaching, a teaching, and a very technical background so I tend to get a little technical about the whole thing. The most important part is that it is your. I am very happy with the one that I have just came up with. It is just right for me.

There are some steps that you may want to skip. If it is your first time writing something like this you may want to take a few more steps to hone it in just right.

A personal aspiration is an ever changing and ever evolving thing. I always find that there is something else that I personally need to work on. I also find that there are somethings that I get so good at that I no longer need to reinforce it. Of course that same thing that I drop from my personal aspiration ends up back on it.

Changing things up from time to time also keeps it fresh in your mind, new, and interesting.

Have fun with it. You are the most important person. Without you there will never be relationships with others. Without relationships we are just nomads in a modern time. You can do anything you want. We all need a little boost every so often. How about you giving yourself that boost.

Conceive It, Believe It, Achieve It.

Coach Kip.