

MVP Trinity

Workbook

Establish your Mission, Vision, and Principles and
start designing your life.

For I know the plans I have for you,” declares the
Lord, “plans to prosper you and not to harm you,
plans to give you hope and a future. - Jeremiah 29:11

about this workbook

If you want to become one of the Most Valuable Players for the Holy Trinity, then you need to consider the acronym MVP – 3 times.

The 1st time through you will define your Mission, Vision, and guiding Principles. The 2nd time through you will establish your 3 Most Vigilant Priorities. The 3rd and final time you will create 3 Minimum Viable Projects to support those 3 top priorities.

The main idea is to 1st know what is your main purpose, 2nd whom you are becoming, and 3rd establish how you will behave in any given situation.

Mission Vision Principles

Without inspiration and a clear pathway, we often feel lost or like we're not making progress. Most often this is caused by a lack of a map to follow or a dashboard for updates. Inspiration can also come from being encompassed by a strong fellowship of like-minded brothers in Christ.

"Where there is no vision, the people perish." - Proverbs 29:18

"Let's consider how we may spur one another on toward love and good works, not neglecting to meet together." - Hebrews 10:24-25a



Fable of the Eagle and the Chicken

A fable is told about an eagle that thought he was a chicken. When the eagle was very small, he fell from the safety of his nest. A chicken farmer found the eagle, brought him to the farm, and raised him in a chicken coop among his many chickens.

The eagle grew up doing what chickens do, living like a chicken, and believing he was a chicken. A naturalist came to the chicken farm to see if what he had heard about an eagle acting like a chicken was really true. He knew that an eagle is king of the sky.

He was surprised to see the eagle strutting around the chicken coop, pecking at the ground, and acting very much like a chicken. The farmer explained to the naturalist that this bird was no longer an eagle. He was now a chicken because he had been trained to be a chicken and he believed that he was a chicken.

The naturalist knew there was more to this great bird than his actions showed as he “pretended” to be a chicken. He was born an eagle and had the heart of an eagle, and nothing could change that.

The man lifted the eagle onto the fence surrounding the chicken coop and said, “Eagle, thou art an eagle. Stretch forth thy wings and fly.” The eagle moved slightly, only to look at the man; then he glanced down at his home among the chickens in the chicken coop where he was comfortable.

He jumped off the fence and continued doing what chickens do. The farmer was satisfied. “I told you it was a chicken,” he said.

Fable of the Eagle and the Chicken

The naturalist returned the next day and tried again to convince the farmer and the eagle that the eagle was born for something greater. He took the eagle to the top of the farmhouse and spoke to him: “Eagle, thou art an eagle. Thou dost belong to the sky and not to the earth. Stretch forth thy wings and fly.”

The large bird looked at the man, then again down into the chicken coop. He jumped from the man’s arm onto the roof of the farmhouse. Knowing what eagles are really about, the naturalist asked the farmer to let him try one more time. He would return the next day and prove that this bird was an eagle. The farmer, convinced otherwise, said, “It is a chicken.”

The naturalist returned the next morning to the chicken farm and took the eagle and the farmer some distance away to the foot of a high mountain. They could not see the farm nor the chicken coop from this new setting. The man held the eagle on his arm and pointed high into the sky where the bright sun was beckoning above.

He spoke: “Eagle, thou art an eagle! Thou dost belong to the sky and not to the earth. Stretch forth thy wings and fly.” This time the eagle stared skyward into the bright sun, straightened his large body, and stretched his massive wings. His wings moved, slowly at first, then surely and powerfully. With the mighty screech of an eagle, he flew. –(In Walk Tall, You’re A Daughter Of God, by Jamie Glenn)



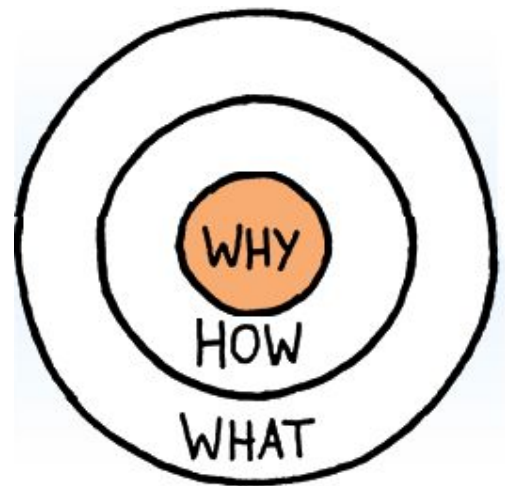
Start with why

Let your why inspire your purpose.

The word inspire comes from Latin, meaning “to breathe life into.” With a strong enough why you will have the inspiration to figure out any "How" and be able to accomplish any "What".

"But it is the spirit in a person, the breath of the Almighty, that gives them understanding."

- Job 32:8



Find a Why that Inspires you.

Describe a passion, mission, profession, vocation, etc. that would give you the energy, drive, and focus to get out of bed early, excited, full of energy and ready to take on the day.

Vision

Who are you becoming?
Where are you going?



Image the difficulty you would experience if you started a long journey without a clear destination. You would not know how to prepare or the time and resources needed.

Having a clear vision of your future best self is necessary to help guide your decision-making process. You can ask yourself which choice will bring me closer to the version of myself that God created me to become.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." – Ephesians 2:10

And the Lord answered me: "Write the vision; make it plain on tablets, so he may run who reads it."
– Habakkuk 2:2

Principles



Integrity, Character, and Ethics

Having a core set of Principles will provide a strong guidance system no matter the situation.

The ancient greeks live by a code of 3 levels of responding to life.

- 1) Pathos - passion or how your feeling directs
- 2) Logos - logic or how your thinking directs
- 3) Ethos - ethics or how your core principles direct

Our emotions can change and our logic can be flawed or we can miss part of the equation but if we adopt and apply core principles, we will be living by a code and with integrity

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. -
Philippians 4:8

Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out. - Proverbs 10:9

1st MVP: Mission Vision Principles

In a few sentences, define your mission?

Vision: in a perfect world describe your future self below.

What are your 3-5 guiding principles?

Notes:

2nd MVP: Most Vigilant Priorities

What is the 1st most important priority in your life?

What is the 2nd most important priority in your life?

What is the 3rd most important priority in your life?

Notes:

3rd MVP- Minimum Viable Projects

Write a brief description of the next task, step, or what you need to accomplish for your 1st priority.

Write a brief description of the next task, step, or what you need to accomplish for your 2nd priority.

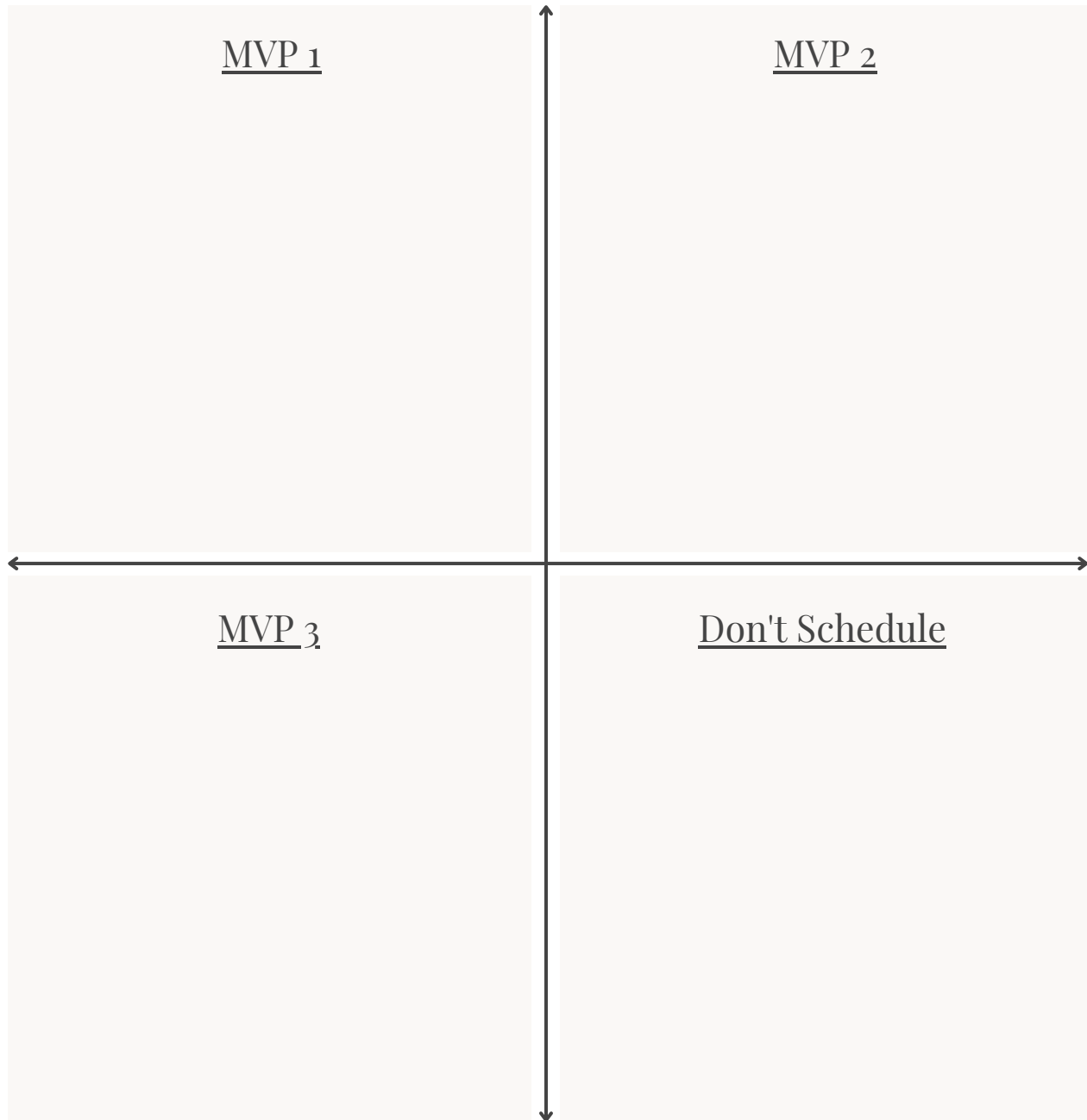
Write a brief description of the next task, step, or what you need to accomplish for your 3rd priority.

Notes:

Sunday Planning

Matrix

enter all weekly tasks and to-dos into the four quadrants below
then only add to your calendar activities from MVP 1-3



Control your Day

Morning routine

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Evening Routine

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Must Dos

Must Donts

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

The Perfect Day

DATE: / /

schedule

5 am	
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	
12 pm	

today's focus

Most Vigilant Priorities

Minimal Viable Projects

Notes