

# YOUR PERSONAL MISSION STATEMENT



To guide the kind of lives we want to live, how we'll treat our fellow humans, and what drives us, it makes sense for us to have a personal mission statement. Or, as couples and families, it makes sense to develop a statement that defines the kind of relationships we want to create and how we'll live together.

**Living life on purpose begins with defining what your purpose is!**

## INSTRUCTIONS:

1. Start by writing down 10-15 words that capture your values. Examples might be words like creativity, loyalty, faith, generosity, and adventure. What single words describe the things that matter to me, drive me, and what I stand for?


## EXAMPLE WORDS

- |               |             |            |           |
|---------------|-------------|------------|-----------|
| Loyal         | Positive    | Listening  | Kindness  |
| Optimistic    | Family      | Boldness   | Joy       |
| Compassionate | Integrity   | Generosity | Love      |
| Humble        | Reliable    | Harmony    | Endurance |
| Open-Minded   | Adventurous | Connection | Curiosity |

2. Once you've come up with a list of the words that describe your values, the next step is to group them and choose the 4-5 that are most important to you. **Those are your core values.**


## REFLECT ON THIS...

Understanding your core values create a foundation for the next step in creating your personal mission statement. Now, ask yourself these ten questions to inspire your thinking. Remember, there are no right or wrong answers, just your answers. **Authenticity is a must.**

**INSTRUCTIONS:** Reflect on the five questions below. Write down your thoughts.

What do I see as my purpose?

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What do I want to be remembered by?

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What am I passionate about?

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What makes me feel the most fulfilled?

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What do you believe in?

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## WRITING YOUR PERSONAL MISSION

With your core values and the answers to those five questions in mind, it's time to distill it all down and define your personal mission. Consider this..

- What do I want to accomplish?
- Who am I doing it for?
- How will I make their lives better?

**INSTRUCTIONS:** Write your personal mission statement below.

**My purpose is:**

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**EXAMPLE:** My purpose is to use my creativity, positivity, and life experiences to serve others and help them reach their full potential.