

Creating a Personal Mission Statement

If you want to live each day to the fullest, you will need to think about what you really want out of your life and the principles and values that will guide your day-to-day decisions. This worksheet is designed to help you create a personal mission statement (sometimes called a purpose statement) which can be a simple road map to help you live a happy and fulfilling life.

A personal mission statement provides clarity and gives you a sense of purpose. It defines who you are and how you will live.

A personal mission statement is different than your goals. In fact, it is what your goals are based on. A personal mission statement includes your values, beliefs, and priorities in just a sentence or two. A personal mission statement will not only show you the path on which to make your decisions each day, it will also give you permission to say no to the things that are distractions.

It is important to note that a personal mission statement is not written in stone, but rather it will change over time as you change with your life experiences. Your personal mission statement is focused on self-discovery as well as purpose.

Here are some personal mission statements from some people you may know:

"To be a teacher. And to be known for inspiring my students to be more than they thought they could be."-Oprah Winfrey

"To have fun in [my] journey through life and learn from [my] mistakes."-Sir Richard Branson

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."-Maya Angelou

Developing Your Personal Mission Statement

You can use this worksheet to help you think about your personal mission statement.

1. Think about people you admire and the traits they have that you think are important.

Three people you admire: _____

Traits these people have that you admire.

2. Name five values that define you.

3. Think about the roles you play in the lives of others—friends, family, co-workers. Write down all the important roles you have in your life.

4. Write down the most important things you want to accomplish in your life.

5. Imagine who you want to become in this world; what you want to be known for; and how you want to be remembered. Write it down below.

6. Write down some things that you are really good at.

YOUR PERSONAL MISSION STATEMENT

Write down your personal mission statement in a sentence or two. Incorporate your values, your aspirations, your positive abilities, and what you see as your purpose in life.

Write down three ways you will incorporate your mission statement into your daily life.
