

## **DEVELOPING A PERSONAL MISSION STATEMENT**

H.L. Hunt observed that, “the first ingredient of success is to decide exactly what it is that you want.”

### **Personal Mission Statement Sessions**

Having a personal mission statement can provide clarity, direction and purpose, and satisfaction to our lives. Exercises will be presented which will help you discover what is important to you and identify your core values. These exercises will then be the basis from which your personal mission statement will be written. If you desire more focus in your life or want to be living consistent with your values and what you hold as important, then this session is for you.

### **Definition of personal mission statement**

A brief description of what you want to focus on, what you want to accomplish and who you want to become. It is a way to focus your energy, actions, behaviors and decisions towards the things that are most important to you. A personal mission statement is how you want to live your life.

### **The value of writing a personal mission statement**

1. It forces you to think deeply about your life, clarify the purpose of your life, and identify what is really important to you.
2. It forces you to clarify and express succinctly your deepest values and aspirations.
3. It imprints your values and purposes firmly in your mind so they become a part of you rather than something you only think about occasionally.
4. A personal mission statement is the beginning of personal leadership. It sets guidelines for life. By referring to it and internalizing its meaning, we make choices that serve values and reject the things that oppose them.
5. A personal mission statement often answers another important question: What do I believe in?

### **Personal mission statement guidelines**

1. Keep it simple, clear and brief. The best statements are 1-3 sentences in length.
2. Make sure your mission statement is positive. Say what you want to do or become, not what you do not want to do or become. Find the positive alternatives to any negative statements.
3. Try not to include what others want you to do or who they want you to be. Focus on what you want.
4. A personal mission statement is as much an act of discovery as an act of creation.

## Exercises

1. What do you want out of these areas of life? (romance, children, health and fitness, family, fun, relaxation, personal development, spiritual, finance, career, home, community/legacy, and work).  
What area if improved would give you significant benefit in the next 12 months?  
What do you want, desire and need in this area? Organize and prioritize this list based on what is most important to you.
2. Identify an influential person in your life. Define qualities you most admire in that person. List those and then ponder the qualities you would need to practice in order to achieve the future you desire.
3. Define your life roles. Describe how you would like to be described in each of these roles.
4. Ask yourself questions like:
  - What do I want from my life?
  - What do I value?
  - What are my talents?
  - At the end of my life, what do I want to have accomplished?
5. Identify the top 10 relationships in your life. Make a note of what is important to you about that relationship.
6. Note specific goals you have for the fulfillment of the four basic needs: physical, social, mental and spiritual.
7. What do you value most:
  - \_\_\_ Adventure/Risk
  - \_\_\_ Beauty/Attractiveness
  - \_\_\_ To Build
  - \_\_\_ To Catalyze/Encourage
  - \_\_\_ To Contribute
  - \_\_\_ To Feel/Experience
  - \_\_\_ To Lead
  - \_\_\_ To Learn/Discover
  - \_\_\_ Freedom
  - \_\_\_ Fun
  - \_\_\_ Mastery/Excellence
  - \_\_\_ To Relate/Bond
  - \_\_\_ Self Expression
  - \_\_\_ To be Sensitive/Empathetic
  - \_\_\_ To be Spiritual/Relate to God
  - \_\_\_ To Teach/Prepare
  - \_\_\_ To Win/Accomplish
  - \_\_\_ Empower/Equip
  - \_\_\_ Other

Try to limit to 4-6. Eliminate “should” as these indicate external pressure.  
What are some of the actions/activities you regularly engage in that do

align with your values? What are some actions/activities that you engage in that do not align well with your values?

8. Review the ten things Jesus did:

He walked.

He hung out with friends.

He read the scriptures.

He took naps.

He walked away from the crowds, even though there was more he could do.

He got mad.

He went to “church”.

He prayed.

He had fun (he went to parties and played with children).

Jesus took his time and paced himself.

Rough draft to final draft

1. Write a draft of your personal mission statement. Carry the rough draft with you and make notes, additions, and deletions.
2. Write a final draft. Refer to it frequently. Use it as a standard by which you judge all your activities.
3. Periodically review and evaluate your personal mission statement to keep yourself in touch with your own development and keep yourself in harmony with your deepest self.

My mission statement:

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