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Find your personal

MISSION

STATEMENT

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Your Mission Statement

The 4 Pillars of Life

Before we go into the steps of designing your life, let's quickly evaluate the main areas of your life, which include:

- **Health.** Being well in mind, body, and spirit - emotional health, physical health, and mental health.
- **Work.** The work you “do” either paid or unpaid.
- **Play.** Play is an activity that brings you joy and happiness. They are done “for the joy of it” - not to win, advance, or achieve something.
- **Love.** We all know what love is, and when we have it or not.

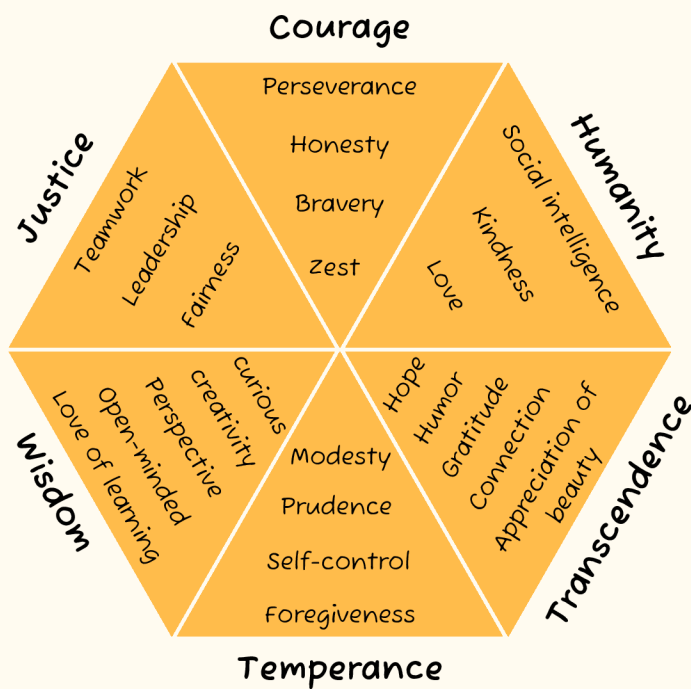
This little exercise will help you to get a good grasp of how you're travelling. Please evaluate each area by giving it a score from 0 to full.

Work	0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL
Play	0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL
Love	0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL
Health	0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL

Determining Your Character Strengths

Your character strengths are the positive parts of your personality that impact the way you think, feel and behave.

Write down the five character strengths that are key to you next to the diagram below. Use these five as a common thread to weave throughout the writing of your mission statement.



1. _____
2. _____
3. _____
4. _____
5. _____

If you don't know your character strengths, you can identify them by taking the free, online, research-based [character strengths survey](#) by the VIA Institute on Character. The survey comprises 96 questions and takes about 15 minutes to complete.

Mission Statement Preparation

Completing the following statements may help you determine the focus and wording of your personal mission statement.

I am at my best when...

I am at my worst when...

I am truly happy when...

I want to be a person who...

YOUR PERSONAL MISSION STATEMENT

Someday I would like to...

My deepest positive emotions come when...

My greatest talents and best gifts are...

When all is said and done, the most important things in life are...

Possible life goals for me are...

Creating Your Mission Statement

Follow these six steps to create a personal mission statement that guides and inspires you in life. Remember that a personal mission statement is as much discovery as it is creation so don't rush it or set rigid timetables for yourself. Simply allow yourself some time to go through the process slowly.

A meaningful personal mission statement contains two basic elements. The first is what you want to do – what you want to accomplish, what contributions you want to make. The second is what you want to be – what character strengths you want to have, what qualities you want to develop.

Step 1. Define what you want to do and be

Some of the elements I would like to have in my statement are:

What I'd like to do:

What I'd like to be:

Step 2. Identify an influential person

An effective tool to focus in on what you want to do and be is to identify a highly influential individual in your life and to think about how this individual has contributed to your life. This person may be a parent, work associate, friend, family member, or neighbour.

Answer the following questions, keeping in mind your personal goals on what you want to do and be.

Who has been one of the most influential people in my life?

Which qualities do I most admire in that person?

What qualities have I gained (or desire to gain) from that person?

Step 3. Define your life roles

You live your life in terms of roles – not in the sense of role playing, but in the sense of authentic parts you have chosen to fill.

You may have roles in work, in the family, in the community, and in other areas of your life. These roles become a natural framework to give order to what you want to do and to be.

For example, you may define your family role as “family member.” Or, you may choose to divide it into roles, such as “wife” and “mother” or “husband” and “father.”

Other roles you could have in life are: parent, coach, employee, boss, friend, colleague, son, daughter, mentor, accountant, lawyer, doctor, teacher etc.

Define up to five life roles and then write these roles in the boxes provided on the left side of the next page.

Then project yourself forward in time and write a brief statement of how you would like to be described in that particular role.

By identifying your life roles, you will gain perspective and balance and will begin to visualize your highest self.

YOUR PERSONAL MISSION STATEMENT

ROLES

DESCRIPTION











Step 5. Evaluate your draft

It is important that you do not let your personal mission statement become outdated. Periodic review and evaluation can help you keep in touch with your own development and keep your statement in harmony with your deepest self. Continually ask yourself the following questions.

Do I feel good about what this represents?

Do I feel direction, purpose, challenge, and motivation when I review this statement?

Am I aware of the strategies and skills that will help me accomplish what I have written?

What do I need to start doing now to be where I want to be tomorrow?

Does this statement inspire me?

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