
Crafting a Personal Mission Statement

A personal mission statement explains who you are and want to be, and what you stand for. You can use it to guide you when making choices and decisions, large and small, by asking yourself—‘Does it help me become who I want to be?’ A personal mission statement also helps you explain who you are to others.

A personal mission statement should answer 3 questions:

- 1) What is my life about—what is my life’s purpose?
- 2) What do I stand for—what are my values?
- 3) What accomplishments am I working toward that will help me fulfill my life’s purpose in a manner consistent with my values?

STEP 1: CLARIFY PURPOSE AND VALUES

A. Write a list of at least 12 talents you have.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

B. What excites you about your life? About the world? What angers you about your life? About the world?

C. What would a really good day be like for you? Where would you be? What would you do? Imagine anything—it doesn’t have to be true.

I would be at _____

I would be doing _____

I would be with _____

I would _____