

MISSION OF LIFE

There's an old adage, "If you don't know where you're going, you'll end up somewhere else." How true!

What's the purpose of a mission statement?

A mission statement sums up your reason for being. It explains your intentions, priorities, and values. It can guide you and help you stay focused on the things that are most important to you.

Your personal mission statement guides your life. Your personal vision statement provides the direction necessary to guide the course of your days and the choices you make about your career. Your personal vision statement is the light shining in the darkness toward which you turn to find your way. Your personal vision statement illuminates your way.

You generally accomplish your written goals, dreams, plans, and vision. Writing them down lends power and commitment to their accomplishment

How do we create a mission statement?

Start by brainstorming. What are you here for? What do you want to accomplish? What do you want get out of life? What values, standards and goals you never want to lose sight of.

Write down everything, without debating the ideas. When you've run out of new thoughts, see if you can find some that are similar or have common themes. Try to come up with statements summarizing these concepts.

Ask yourself:

What are the ten things you most enjoy doing? Be honest. These are the ten things without which your weeks, months, and years would feel incomplete.

What three things must you do every single day to feel fulfilled in your work?

What are your five-six most important values?

Your life has a number of important facets or dimensions, all of which deserve some attention in your personal vision statement.

Write one important goal for each of them: physical, spiritual, work or career, family, social relationships, financial security, mental improvement and attention, and fun.

If you never had to work another day in your life, how would you spend your time instead of working?

When your life is ending, what will you regret not doing, seeing, or achieving?

What strengths have other people commented on about you and your accomplishments?
What strengths do you see in yourself?

What weaknesses have other people commented on about you and what do you believe are your weaknesses?

Once you have thoughtfully prepared answers to these questions and others that you identify, you are ready to craft a personal vision statement. Write in first person and make statements about the future you hope to achieve. Write the statements as if you are already making them happen in your life. Some experts recommend 50 words or less, but I would rather see you fully articulate the vision you want for your life and your future, than be limited by word count.

Keep in mind that your personal vision statement can also change over time, depending upon what is happening in your life. You will be amazed, however, at how many components remain consistent over time.

*Here are some sample personal mission statement sentence templates to get you started
Use these templates as seeds to get your creative juices flowing.*

"To ... [what you want to achieve, do or become] ... so that ... [reasons why it is important]. I will do this by ... [specific behaviors or actions you can use to get there]."

"I value ...[choose one to three values]... because ...[reasons why these values are important to you]. Accordingly, I will ...[what you can do to live by these values]."

"To develop and cultivate the qualities of ...[two to three values/character traits]... that I admire in ...[an influential person in your life]... so that ...[why you want to develop these qualities]."