

Creating and LIVING a personal mission statement

A personal mission statement is like a constitution by which you make all decisions for your life. The more you check in with it, the smoother things run. But, often we just refer back to it when we enter uncharted waters. Write a mission statement today that you will remember easily, check often, and speaks to YOU as an individual.

Benefits of a Personal Mission Statement:

- Clarifies what is important to YOU
- Provides focus
- Helps you design YOUR life, instead of having it designed for you
- Guides your day-to-day decisions
- Helps you understand, clarify, and put into action your values
- Gives you a greater sense of meaning and purpose



Key Roles

Think about the key roles you play in your life. A student, friend, sibling, son/daughter, partner, employee, and so on. What impact do you have on others in each of those roles? What impression have you made? What impression do you want to leave?

Imagine graduation from JMU, and each of these individuals get up to congratulate you on your accomplishments. What would you want them to say about you, your character? What values and adjectives would you want them to use to describe YOU.

ROLE 1 –

Key Person(s) involved: _____

Statement: _____

_____.

ROLE 2 –

Key Person(s) involved: _____

Statement: _____

_____.

ROLE 3 –

Key Person(s) involved: _____

Statement: _____

_____.

ROLE 4 –

Key Person(s) involved: _____

Statement: _____

_____.

ROLE 5 –

Key Person(s) involved: _____

Statement: _____

_____.

What are the top 5 things you can do, continue or start, to make
this a reality?

1. _____

2. _____

3. _____

4. _____

5. _____



