

Exercises to Determine Your Personal Mission Statement

For the following exercises do not spend time analyzing your answers. Answer by going with the first thought that comes into your mind.

Part One: Allow Seven Minutes

1. Instructions

For each value listed below, circle the number or star that best reflects the relative importance of that value to you., **or** write the * or number in the space provided. The numbers have these corresponding meanings:

- * A core value – you know this to be absolutely true for you
- 1. Extremely Important
- 2. Very Important
- 3. Important
- 4. Not Important

Acceptance	*	1	2	3	4	_____
Accomplishment	*	1	2	3	4	_____
Achievement	*	1	2	3	4	_____
Ambition	*	1	2	3	4	_____
Adventure	*	1	2	3	4	_____
Beauty	*	1	2	3	4	_____
Broadmindedness	*	1	2	3	4	_____
Caring	*	1	2	3	4	_____
Challenge	*	1	2	3	4	_____
Comfort	*	1	2	3	4	_____
Cheerfulness	*	1	2	3	4	_____
Collaboration	*	1	2	3	4	_____
Common Sense	*	1	2	3	4	_____
Compassion	*	1	2	3	4	_____
Competence	*	1	2	3	4	_____
Competitiveness	*	1	2	3	4	_____
Communication	*	1	2	3	4	_____
Community	*	1	2	3	4	_____
Confidence	*	1	2	3	4	_____
Companionship	*	1	2	3	4	_____
Connection	*	1	2	3	4	_____
Control	*	1	2	3	4	_____

Contribution	*	1	2	3	4	_____
Cooperation	*	1	2	3	4	_____
Courage	*	1	2	3	4	_____
Courtesy	*	1	2	3	4	_____
Creativity	*	1	2	3	4	_____
Dependability	*	1	2	3	4	_____
Determination	*	1	2	3	4	_____
Discipline	*	1	2	3	4	_____
Diversity	*	1	2	3	4	_____
Duty	*	1	2	3	4	_____
Equality	*	1	2	3	4	_____
Energy	*	1	2	3	4	_____
Enthusiasm	*	1	2	3	4	_____
Excitement	*	1	2	3	4	_____
Fairness	*	1	2	3	4	_____
Fame	*	1	2	3	4	_____
Family	*	1	2	3	4	_____
Forgiveness	*	1	2	3	4	_____
Freedom	*	1	2	3	4	_____
Friendship	*	1	2	3	4	_____
Fun	*	1	2	3	4	_____
Genuine	*	1	2	3	4	_____
Happiness	*	1	2	3	4	_____
Harmony	*	1	2	3	4	_____
Health	*	1	2	3	4	_____
Helpfulness	*	1	2	3	4	_____
Honesty	*	1	2	3	4	_____
Honor	*	1	2	3	4	_____
Humor	*	1	2	3	4	_____
Independence	*	1	2	3	4	_____
Integrity	*	1	2	3	4	_____
Intelligence	*	1	2	3	4	_____
Intuition	*	1	2	3	4	_____
Joy	*	1	2	3	4	_____
Justice	*	1	2	3	4	_____
Knowledge	*	1	2	3	4	_____
Law	*	1	2	3	4	_____
Learning	*	1	2	3	4	_____
Logic	*	1	2	3	4	_____

Love	*	1	2	3	4	_____
Loyalty	*	1	2	3	4	_____
Nature	*	1	2	3	4	_____
Openness	*	1	2	3	4	_____
Order	*	1	2	3	4	_____
Organization	*	1	2	3	4	_____
Passion	*	1	2	3	4	_____
Peace	*	1	2	3	4	_____
Personal Development	*	1	2	3	4	_____
Pleasure	*	1	2	3	4	_____
Power	*	1	2	3	4	_____
Protection	*	1	2	3	4	_____
Practical	*	1	2	3	4	_____
Recognition	*	1	2	3	4	_____
Relationship	*	1	2	3	4	_____
Reliability	*	1	2	3	4	_____
Religion	*	1	2	3	4	_____
Respect	*	1	2	3	4	_____
Responsibility	*	1	2	3	4	_____
Risk	*	1	2	3	4	_____
Rules	*	1	2	3	4	_____
Savor	*	1	2	3	4	_____
Security	*	1	2	3	4	_____
Self-Respect	*	1	2	3	4	_____
Serenity	*	1	2	3	4	_____
Service	*	1	2	3	4	_____
Sexuality	*	1	2	3	4	_____
Smart	*	1	2	3	4	_____
Spirituality	*	1	2	3	4	_____
Strength	*	1	2	3	4	_____
Trust	*	1	2	3	4	_____
Truth	*	1	2	3	4	_____
Understanding	*	1	2	3	4	_____
Variety	*	1	2	3	4	_____
Vitality	*	1	2	3	4	_____
Wealth	*	1	2	3	4	_____
Wisdom	*	1	2	3	4	_____

Part Two: Allow Three Minutes

2. List the values you identified as your core values:

3. List the values you identified as Extremely Important (i.e. #1):

Part Four: Allow Three Minutes

8. Choose two verbs from the following list (or come up with your own) that *represent you*:

Accomplish	Acquire	Adopt	Advance
Alleviate	Appreciate	Associate	Believe
Brighten	Build	Call	Cause
Change	Claim	Collect	Combine
Command	Communicate	Compel	Compete
Complete	Compliment	Compose	Conceive
Confirm	Connect	Consider	Construct
Contact	Counsel	Create	Defend
Delight	Deliver	Demonstrate	Direct
Discover	Distribute	Draft	Dream
Drive	Educate	Effect	Embrace
Encourage	Engage	Engineer	Enhance
Enlighten	Evaluate	Entertain	Enthuse
Express	Excite	Explore	Facilitate
Finance	Foster	Gather	Generate
Give	Grant	Heal	Host
Identify	Illuminate	Implement	Improve
Improvise	Inspire	Integrate	Involve
Keep	Know	Launch	Lead
Light	Live	Love	Make
Manifest	Master	Mature	Mediate
Model	Mold	Motivate	Negotiate
Nurture	Open	Organize	Participate
Pass	Perform	Persuade	Play
Praise	Prepare	Present	Produce
Progress	Promote	Pursue	Realize
Receive	Reclaim	Reduce	Reflect
Reform	Relate	Relax	Release
Rely	Remember	Renew	Respect
Restore	Return	Revise	Sacrifice
Safeguard	Satisfy	Save	Sell
Serve	Share	Speak	Stand
Summon	Support	Surrender	Sustain
Tap	Team	Touch	Trade
Transform	Translate	Understand	Use
Value	Venture	Volunteer	Work

Write those verbs here:

Part Five: Allow Five Minutes

9. Complete the following sentence:

My mission is to apply my talents, which are _____,
_____, and _____,
(See your responses to number 5)

my key values, which are _____,
_____ and _____
(See your responses to numbers 2 and 3)

by being _____ and _____
(See your responses to number 8)

in advancing that which I deeply believe in:

(Consider your responses to numbers 2, 3, 4, 6 & 7.)

Here is an example:

*My mission is to apply my talents, which are enthusiasm, intelligence, and determination,
my key values, which are connection, respect, and learning
by being inspiring and supportive
in advancing that which I deeply believe : satisfaction by lawyers in their law practice.*

Part Six: Allow Three Minutes

10. Now use the statement in number 9 to create a **succinct** statement no longer than one short sentence that is your mission in life. Make it easy to understand and memorize.

State what your mission in life is by completing the following sentence:

I am here to

Here is an example:

Through my enthusiasm and respect I am here to transform the practice of law.

Exhibit A

List of causes you might be interested in:

Environment	Family Issues
Education	Media
Health Care	Elderly
Children	The Poor
The Homeless	Immigration
Energy	Agriculture
The Justice System	Parks & Recreation
Veterans	Drugs
Law/Justice	Nutrition
Politics	Government
Youth/Children	Broadcasting
Roads & Bridges	Business
Non-profit agencies	Churches
Synagogues	Spirituality
The ill & disabled	Public Safety
Human development	Infants
Child protection	Child care
Women's rights	Worker's rights
Home Health Care	Water right
Salmon	Tourism
Defense	Space Exploration
Animal rights	Animal Care
Animal Protection	Labor Relations
Literacy	Border issues
Civil rights issues	Sexuality issues
Fashion	Art
Books	Music
Movies	Design
Sports	Food/Cooking
Computer technology	Administration
Management	Construction
Labor relations	Finance
Real estate	Printing & Publishing
Religion	Community Development
Reproductive issues	Research
Biotech	Gardening
Performing Arts	Journalism
Writing	News
Travel	Theatre

Taken from "The Path: Creating Your Mission Statement for Work and for Life"