



### **EXERCISE 3: MISSION STATEMENT DRAFT**

*Take some time to think more about your personal Mission...*

#### **Mission Statement Rough Draft**

After some thought and prayer, write some more ideas, words, and actions that are important to you. Compose a second rough draft of a personal Mission Statement. It will certainly change over time as you change. But for today, write a statement that can be used to help guide your life, direction, decisions, etc.

#### **Examples/Ideas:**

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

To live each day with...[choose one or more values/principles]...so that...[what living by these values means to you/will give you]. I will do this by...[specify the behavior/behaviors you will use to live by these values].

*To be healthy, fit and energetic so that I can enjoy life to the fullest and have the energy to pursue all my goals. I will do this by exercising regularly, following a nutritious diet and eliminating negative habits that are impacting my health.*

Write a final copy of your Mission Statement below. Place it in a location that you will see it and read it regularly. Review it monthly to see if it still represents the best in you: do you get excited when you read it? Are you living your life with this mission in mind?

## **My Personal Mission Statement**

