

## Mission Statement Work Sheet

- 1) Reflect over the course of your own lifetime (baby, child, youth, young adult, adult). What inner core needs are you aware of? (Example: *The need for acceptance, for belonging, safety, etc.*)

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- 2) What emotions do you associate with your needs? List them below. What are the negative feelings that tell you your needs are not met. What are the positive feelings when they are met? (Example: *peaceful when met, anxious when not.*)

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- 3) Describe your ideas of a *better world* where the needs and longings of people are met in good ways. Use your imagination. (Example: *People would taken time to listen and be nice to each other. There would be no violence—it would be safe and secure for everyone.*)

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- 4) Focus on this *better world*, then write what you wish someone would have done for you to make your world safer or happier. (Use action language. Example: *I wish my parents would have stopped their fighting and had taken the time to be nice to me when I was scared.*)

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- 5) **My mission statement:** Now visualize yourself being that “someone”, doing those things in this world for others and for yourself. Write an action-oriented mission statement that expresses that way of life. Use action words. (*Try to make one short statement that expresses your purpose*)

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- 6) You are now in a position to better evaluate your choices in life in the light of your mission statement. Do your choices line up with your mission state? If not, which would you change—your decisions and goals or your mission statement?