

Writing your own personal mission statement:

Another way of gaining clarity about what you want in your life, and to uncover more deeply your motivations, you can write a personal mission statement. There are no rules to the length or content of your personal mission statement. However, what is important, is that the statement excites you, gets you motivated. This statement will also have some alignment with who you are but should create a sense of 'action' within you so might make you feel both excited and a little uncomfortable – this is not bad, it means achieving this is going stretch and develop you!

This statement may actually be a number of statements that address different parts of your life or could be simple sentence that gets to the very essence of who you are and what you are here to do and contribute.

This is not necessarily easy if you have not considered this before.

Asking ourselves what we are here for is a big question, the question. Therefore, the statement, in a sense is BIG. If you are to contribute 'something' this might be something, which over the course of a lifetime could be widely significant. I did say there were no rules, and this is an important point here. Your personal mission may also be something much more personal to you. So, you may not sense your mission is about changing the business world (for example) but might be about your family or community.

Use the following questions to get you thinking.

Identify a person who has been influential in your life

What qualities/characteristics/abilities do you most admire in this person? Note that if you see certain qualities in another person, they are in you too – even if you currently don't think you are expressing them

What qualities have you gained from this person already and when do you use them?

Imagine 5, 10 or 20 years in the future... what is your list of accomplishments?

What 10 things are most rewarding to you today?

What gets you out of bed early and keeps you up late?

You will likely update and amend your mission statement as you go through your life's journey – this is right and natural. However, when you write your statement you write it with the attitude that it is indeed the final version for your life. This create commitment and accountability to your statement now leading to you acting on it.

Use this space to start a draft of your mission statement

A large, empty rectangular box with a thin black border, intended for the user to draft their mission statement. The box is currently blank.

Once you have a first draft you might want to leave it for a few days and come back to it to refine it further. Once you open your mind to think about this it will bring forward ideas and thoughts you might not have had before about what is important in your life.