

## **BENEFITS OF A PERSONAL MISSION STATEMENT**

A personal mission statement:

- Encourages you to think deeply about your life.
- Helps you examine your innermost thoughts and feelings.
- Clarifies what is really important to you.
- Expands your perspective.
- Imprints self-determined values and purposes firmly in your mind.
- Provides direction and commitment to values.
- Enables you to make daily progress toward long-term goals (when connected to daily and weekly plans).
- Provides the first or mental creation of your desired results for your life.

The process of writing a mission statement involves answering a series of questions:

- What things do I want to have that I feel are important?
- What am I about?
- What are the qualities of character I would like to emulate?
- What legacy do I want to leave?