

# Writing a Personal Mission Statement

**Step ONE:** Circle THREE verbs in each column that excite you.

accomplish	compliment	embrace	heal	reduce	support
acquire	compose	encourage	hold	refine	surrender
adopt	conceive	endow	host	reflect	sustain
advance	confirm	engage	identify	reform	take
affect	connect	engineer	illuminate	regard	tap
affirm	consider	enhance	implement	relate	team
alleviate	construct	enlighten	improve	relax	touch
amplify	contact	enlist	improvise	release	trade
appreciate	continue	enliven	inspire	rely	translate
ascend	counsel	entertain	integrate	remember	travel
associate	create	enthuse	involve	renew	understand
believe	decide	evaluate	keep	resonate	use
bestow	defend	excite	know	respect	utilize
brighten	delight	explore	labor	restore	validate
build	deliver	express	launch	return	value
call	demonstrate	extend	lead	revise	venture
cause	devise	facilitate	light	sacrifice	verbalize
choose	direct	finance	live	safeguard	volunteer
claim	discover	forgive	love	satisfy	work
collect	discuss	foster	make	save	worship
combine	distribute	franchise	manifest	sell	write
command	draft	further	master	serve	yield
communicate	dream	gather	mature	share	
compel	drive	generate	measure	speak	
compete	educate	give	mediate	stand	
complete	elect	grant	model	summon	

**Step TWO:** Look at the all words you circled. Which THREE excite you the most?

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

**Step THREE:** What do you stand for? What principle, cause, value, or purpose would you be willing to defend to the death or devote your life to? For example, some people's key phrase or value might be one of the following: joy, service, justice, family, creativity, freedom, equality, faith, or excellence. What is your core? Write the word or phrase down here: \_\_\_\_\_

**Step FOUR:** Who are you here to help? Every mission statement implies that someone will be helped. Get clear on who you really want to serve, be around, inspire, learn from, and impact in a positive way. Circle THREE groups and/or causes in the list below that most attract you.

environment	infants
family issues	child protection
education	child care
media	justice
health care	home health care
elderly	water rights
children	tourism
the poor	defense
the homeless	space exploration
immigration	animal rights
energy	animal care
agriculture	animal protection
the justice system	labor relations
parks & recreation	literacy
veterans	border issues
substance abusers	civil rights issues
nutrition	sexuality issues
law	fashion
politics	art
government	books
youth	music
roads & bridges	movies
businesses	design
non-profit agencies	sports
churches	food
synagogues	computer technology
spirituality	administration
the ill & disabled	management
public safety	construction
human development	labor relations
travel	community development
finance	reproductive issues
real estate	research
printing & publishing	biotech
religion	women's issues
gardening	news
broadcasting	journalism
	the performing arts

**Step FIVE:** Pick the ONE group, entity or cause from the list in Step Four you most would like to help or impact in a positive way. Write down that cause, entity, or group's name here:

### PUT IT ALL TOGETHER!

**Fill in the blanks below from the words you've selected to complete your mission statement.**

**MY MISSION IS TO:**

\_\_\_\_\_, \_\_\_\_\_, and

\_\_\_\_\_  
(three verbs from Step TWO)

\_\_\_\_\_  
(core value or values from Step THREE)

**to, for, or with**

\_\_\_\_\_.  
(the group/cause which most moves or excites you from Step FIVE)

**Re-write your Mission Statement in its complete form below:**

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Date: \_\_\_\_\_