

Discovering Your Personal Mission

The following questions will help you begin to think deeply about your passions, abilities, values and dreams as clues to discovering your personal purpose.

Instructions:

- *Find a place where you will not be interrupted.*
- *Write down your answers to each question. Write the first thing that pops into your head. Write without editing. It's important to write out your answers rather than just thinking about them.*
- *Write quickly. Give yourself less than 60 seconds a question. Preferably less than 30 seconds.*
- *Be honest. Nobody needs to read this but you. So, write without editing.*
- *Enjoy the moment and smile as you write about what's really important to your life.*

Life Mission Discovery Questions:

1. What meaningful activities make you lose track of time?

2. What do you care deeply about? What makes your heart sing? What lights you up? What energizes you?

3. What's wrong with the world that drives you crazy? What makes you weep or angry at the wrongness of it?

4. What are you naturally good at? What do you usually get great results from doing? (Skills/abilities/talents)

5. What do people typically ask you for help with?

6. If you had to teach something, what would you teach?

7. Imagine you are now 90 years old, sitting on a rocking chair outside your porch; you are blissful and happy, and are pleased with the wonderful life you've lived. Looking back at your life and all that you've accomplished and all the relationships you've had; what matters to you most? List them out.

8. Who inspires you most? (Someone you know or have learned about...family, friends or authors, artists, leaders, etc.) Which qualities inspire you, in each of those people?

9. What do you value most in life? What character qualities do you want to be known for at the end of your life?

10. If you could get a message across to a large group of people, who would those people be? What would your message be?

11. What would you regret not fully doing, being or having in your life?

12. If you had all the time and money you need to accomplish anything, what would you be doing with your life?

Writing a First Draft of Your Personal Mission Statement

The act of writing your personal mission statement is transformational because it causes you to declare your life priorities and intentionally change your behaviors to support what you say is important.

Ideally, a personal mission consists of 3 parts:

1. WHAT do I want to do? (Based on my passions, skills and core values)
2. WHO do I want to help? (What type of person or thing do I most want to leave an impact on?)
3. What is the RESULT? (What value will I create in this world?)

Steps to Creating a Draft Personal Mission Statement:

Reviewing your answers to the 12 Life Mission Discovery Questions above, list key words and phrases regarding WHAT you want to do, WHO you want to help and the RESULTS or value for society that you want to leave behind at the end of your life.

1. WHAT - List key action words or phrases that indicate what you want to do.
Example: educate, accomplish, empower, encourage, improve, help, give, guide, inspire, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, etc.
2. WHO – List everything and everyone that you really want to help.
Example: People, creatures, organizations, causes, groups, environment, etc.
3. RESULT – Identify the key outcome you see for your life...the value you will leave in this world. How will the WHO from your above answer benefit from WHAT you do? What difference, what result do you want your life to make?
4. Combine answers to questions 1, 2 and 3 (What, Who and Result) into a sentence or two to begin brainstorming on potential mission statements for your life.