

# GIVING BACK FOR YOUNG PROFESSIONALS

## FIVE STEPS TO WRITING YOUR PERSONAL MISSION STATEMENT

(A Guide and a Worksheet)

### 1. Go back to your core belief or faith. What does it say about why you exist?

For example: As a Christian, I believe that I exist to glorify God. I learned about this in the Bible.

**What my core belief or faith says about why I exist or live:**

### 2. Think about major events in your life or your achievements in the past that gave you great satisfaction, joy, and a sense of purpose.

Find a common theme(s) among those. You might feel like you're gloating but it's actually a healthy exercise to acknowledge what you're good at.

For example:

Major events in my life / my greatest achievements

- Receiving Christ in my life
- Starting a family
- Starting my own business that coaches/trains/equips people in various areas in life with a fundamental focus on purposefulness.
- Leading Alpha Program with my husband to help people find their purpose in life

Common theme(s): Making bold decisions in faith + Teaching about purpose

**Major events in my life / my greatest achievements:**

**Common theme(s):**

### 3. Identify your core values.

Write all your core values that you can think of. Strip this list down to your 5 or 6 most important values. Then choose that one value that is most important to you.

For example:

My core values

- **Purposefulness**
- *Generosity*
- Education
- Positivity
- Persistence
- Resilience
- Friendliness
- Creativity
- Leadership
- *Honesty*
- Courage
- *Encouragement*
- Diligence
- *Organization*
- Cleanliness
- Frugality
- Relationships
- Service to others

Note:

Core values are much related to your strengths. You most likely are strong in the values that you desire the most (such that you are honest if you value honesty.) This is the reason why it's very helpful and accomplishes half the job in writing your personal mission statement when you already know your strengths. One of the tools that I highly recommend is Gallup's "Strengths Finder". You can start with their "Top 5 CliftonStrengths Access" that provides you with the top 5 strengths and what each means. It's for a fee and a good investment in yourself.

**My core values:**

### 4. Think about how you would like to contribute to the different relationships in your life given your primary core value.

Then find the common theme in these.

- Your kids / spouse (if any)
- Your family
- Your friends
- Your workplace
- The world around you

For example:

- To encourage my spouse and my kids to pursue their purpose in life.

- To help my family fulfil their purpose in life.
- To help my friends and workplace relationships to fulfil their purpose in life.
- To encourage and help people to find their meaning and purpose in life.

Note: In my example, purposefulness is my top core value. I see my contribution to my different relationships as an encourager or help. Encouragement is also another one of my core values. That's why I identified "encouraging others to find their purpose in life" as my contribution to these relationships.

#### **My relationships and how I'd like to contribute to them:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### **5. Now, you can start writing your personal mission statement.**

You can choose to have a personal mission statement for each of your relationship groups, but that might be difficult to keep up with. A single personal mission statement is powerful because it helps you pursue a goal more consistently.

So if you choose to have a single personal mission statement, identify the common theme of what you've written down in number 4.

Then validate this personal mission statement with what you've written in number 2. Ask yourself, *"Is this mission something that will give me a sense of fulfilment or joy like the past achievements I've had? Have I done anything along these lines that have contributed to my life's major events?"* If the answer is "no", you'll need to rework what you've written in numbers 3 and 4. You might have to pick another core value in number 3 to define your personal mission statement.

If you answered "yes", you can finally check if your personal mission statement aligns with what you've written in number 1. *Does this mission agree with the reason you've identified for why you exist based on your core belief / faith?* If not, you will have to rework your answers in number 2. Or maybe, you'll need to reflect to see if what you think your reason for existence is based on your core belief / faith is really what's supposed to be your overarching reason for existence.

*(That's why I find the Bible as a reliable source of wisdom about why people exist because it does not depend on my own definition. That's for me at least!)*

An example of a personal mission statement that might be in conflict with a core belief/faith's life's purpose is this:

- Personal Mission Statement - "To always fight for justice."
- Reason for existence based on core belief / faith - "To make people happy."

The possible conflict here is that people have different definitions of happiness. One person might define happiness as inflicting pain on others. So if you're fighting for justice, you can't really make this kind of person happy.

My personal mission statement is this:

**"To step out in faith to encourage others to live their God-defined purpose in life."**

- In this is my number 1 core value which is purposefulness. I use my other top core value, which is encouragement, to achieve the mission.
- As I've reflected on my life's major events and achievements, all of them required me to step out in faith. To pursue this mission, I'm once again stepping out in faith.
- I believe that I'll find fulfilment and joy in pursuing this personal mission.
- This personal mission statement aligns with what I believe is the reason for my existence which is to glorify God. To glorify God means to love him and others. And by encouraging others to live out their God-defined purpose in life, they will experience joy. I doubt if anyone would disagree that helping people experience joy in life is an act of love.

**What does this personal mission statement have to do with generosity?**

A sound personal mission statement is outward-focused. A sound mission in life does not just fulfill one's own needs. It rather fulfill's one's need to give something to others. And that's generosity.

**Final note:**

Our personal mission statement is always a work in progress. It's not written in stone. We will always be in the process of self discovery. It may also change depending on the season of our life. But you'll realize that most of what you write the first time will still be reflected in your future revisions.

If you find this tool helpful, please share [THIS link](#) with your friends please!  
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## Bonus!

Examples of personal mission statements you can take inspiration from:



***"To serve as a leader, live a balanced life, and apply ethical principles to make a significant difference."***

- DENISE MORRISON, CEO OF CAMPBELL SOUP COMPANY



***"I define personal success as being consistent to my own personal mission statement: to love God and love others."***

- JOEL MANBY, CEO OF HERSCHEID FAMILY ENTERTAINMENT



***"To be a teacher. And to be known for inspiring my students to be more than they thought they could be."***

- OPRAH WINFREY, FOUNDER OF OWN, THE OPRAH WINFREY NETWORK



***"To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world."***

- AMANDA STEINBERG, FOUNDER OF DAILYWORTH.COM



***"I want to serve the people. And I want every girl, every child to be educated."***

- MALALA YOUSAFZAI, NOBEL PRIZE LAUREATE AND ACTIVIST



***"Improve lives. The concept of improving lives runs through the center of everything I do."***

- WILL SMITH, ACTOR