

Personal Mission Statement

When we don't have a sense of purpose in life, we can feel aimless, confused, or uncertain about our future. In extreme cases, this can bring about feelings of depression and anxiety. A mission statement aims us to take a first step to solve this by declaring one's goals and ideals, which guide us as we live our lives. Think of it as a constitution or charter – a statement that outlines the rights and values of those who abide by it. Use the following questions as a prompt to start brainstorming.

QUESTION	ANSWER
What are my values?	
Can I live in accordance with these values?	
What kind of lifestyle do I want to live?	
What can I do to express appreciation and gratitude for the good things in my life?	
What are some constructive, healthy solutions to the aspects of my life that I am dissatisfied with?	



Try to avoid being overly broad when creating your mission statement; come up with specific attitudes and ideals that you want to adhere to. Also, avoid rigid “should” statements (e.g., “I should lose 20 pounds by the end of the year”) – these are needlessly precise and obligatory. Instead, try something like “I’ll exercise more and eat healthy when I can.”

When you are ready, write down your mission statement below. Don’t worry if it’s not perfect yet – you can always revise it in the future. Start with “My mission is to live a life”

Reflect on this mission statement as often as you need. Remember, research shows that writing things down is the first step towards behavioral change.

