



## Discovering Your Heart - **Personal Mission Statement** February 19, 2012

*And you will hear a voice behind you, saying "This is the path. Walk ye in it." Isaiah 30:21*

If your mission holds no personal passion, it is not your path.

You cannot find your mission until you know yourself. Even Jesus had to go out into the wilderness to get clear about who he was and to take the full measure of his gifts.

What we think about ourselves is clearly and unequivocally reflected in everything we say or do – in our work, our surroundings, our family life, and our service to others. Therefore it is important to take the time to get a more clear picture of who we really think we are.

- Part 1      Elements of a Good Mission Statement**
- Part 2      Writing Your Personal Mission Statement**
- Part 3      Putting it all together**
- Part 4      Summarizing and Discussion**

The materials on this page and following pages are compiled from:

1. "The Path – Creating Your Mission Statement for Work and for Life" by Laurie Beth Jones. 1996, Hyperion.
2. "Discovering Your Heart with the Flag Page" by Mark Gungor. 2007, Laugh Your Way America! LLC.

**There are three simple elements to a good mission statement:**

- 1. A mission statement should be no more than a single sentence long.**
- 2. It should be easily understood by a twelve year old.**
- 3. It should be able to be recited by memory at gunpoint.**

***Ten False Assumptions about Missions***

**False Assumption # One.....“My job is my mission”**

Your job may be and ideally should be part of your mission, but a mission is always larger than a job. Jobs can change – and probably will.

**False Assumption # Two.....“My role is my mission”**

Many people define themselves in terms of their roles (student, brother or sister, son or daughter, musician, athlete, etc.). Having a role as a mission puts you in a very precarious position because those roles can change.

Your mission is always bigger than your current role.

**False Assumption # Three.....“My ‘To-Do’ list is my mission”**

**False Assumption # Four.....“I am not currently living my mission.”**

It is highly probable that you are already living your mission at some level. Your mission can begin right where you are. It needs only an increased awareness of the importance of your daily tasks and choices.

**False Assumption # Five.....“I am not important enough to have a mission”**

Every word we speak, every action we take, has an effect on the totality of humanity. No one can escape that privilege – or that responsibility.

**False Assumption # Six.....“My mission has to be a grand one or help a lot of people”**

Raise or teach or heal one creature, and your life can be considered a success.

## ***Ten False Assumptions about Missions cont.***

### **False Assumption # Seven....."A mission must be full of suffering"**

When Jesus told his followers "Wear my yoke – for it fits perfectly...and...My yoke is easy and my burden is light," (Matthew 11:29-30) he was indicating that a divinely ordained mission is a perfect fit.

Beware of taking on missions that fit someone else's needs – but not *your* particular interests or gifts. Service should be *willing* not externally imposed.

### **False Assumption # Eight....."My mission must be the same as those of my peers"**

In developing a mission statement that is unique to you, you must, at least temporarily, dissociate yourself from the influence of those around you, lest you become a mere follower.

### **False Assumption # Nine....."Geography is destiny"**

Make sure when you are writing your mission statement you are aware of the influence of your physical surroundings, and look beyond the borders or boundaries that geography might seem to impose on you. (Your mission could be the same whether you are at home, at college, working at a job, etc.)

### **False Assumption # Ten....."What I am doing is as close as I can get to my real mission"**

Many people enter careers that shadow or parallel their real dreams, e.g. someone who wants to be a novelist taking a job as a newspaper reporter. Look carefully to see if you are taking a job that runs parallel to your true heart's desire and mission – but is not actually *it*. Go for what you want directly.



Write below the 5 Motivations from your Flag Page: (from Jan. 29)

Motivation A: \_\_\_\_\_

Motivation B: \_\_\_\_\_

Motivation C: \_\_\_\_\_

Motivation D: \_\_\_\_\_

Motivation E: \_\_\_\_\_

My Passion(s): \_\_\_\_\_ (from Feb. 12)

\_\_\_\_\_

My Gift(s): \_\_\_\_\_ (from Feb. 12)

\_\_\_\_\_

My Personal Style: \_\_\_\_\_ (from Feb. 12)

Taking the information above, create a single sentence that becomes your personal "Mission Statement." Use the guidelines we have discussed about what a mission statement "is" and "is not".

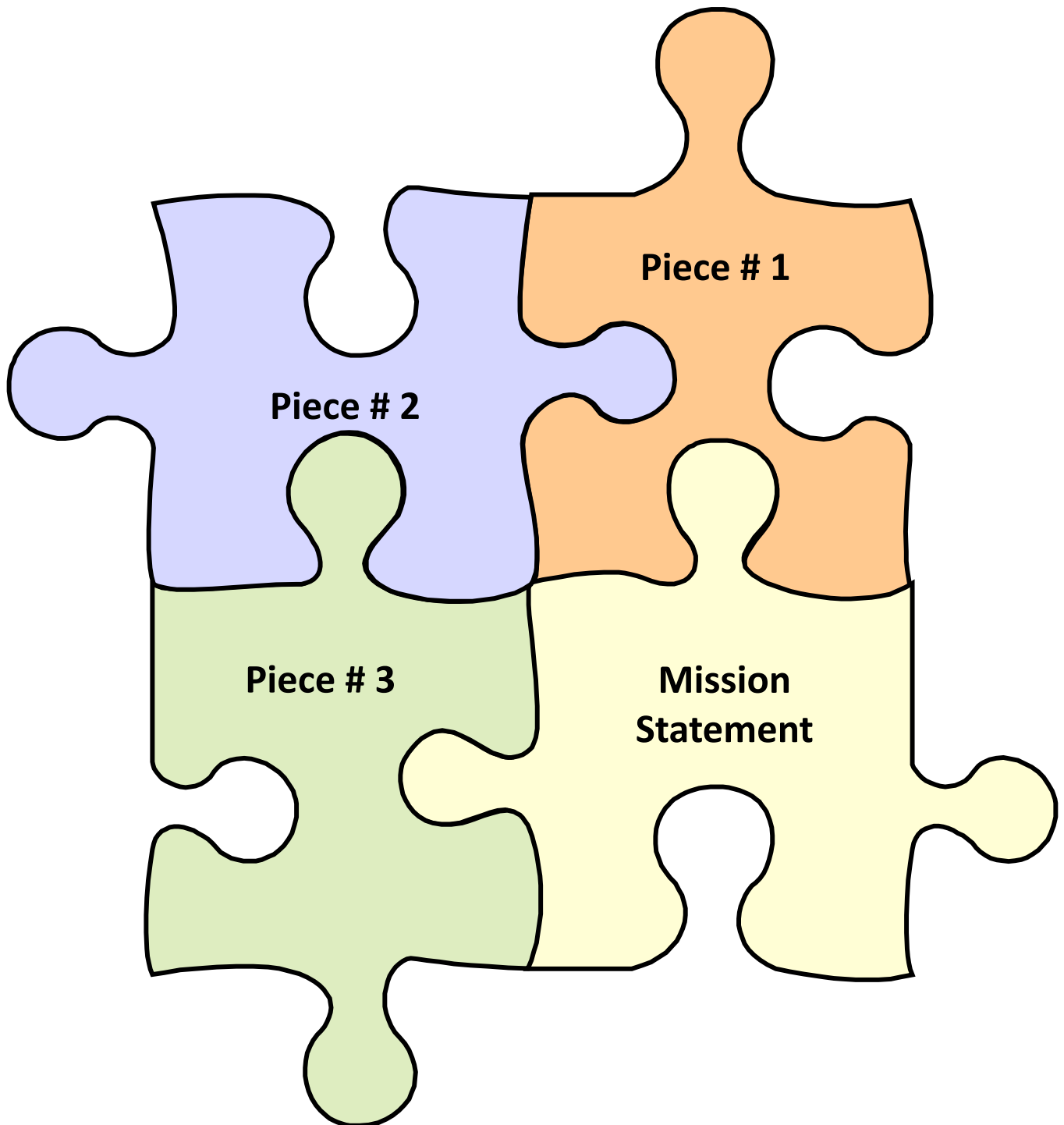
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# The Mission Statement Puzzle



# The Mission Statement Puzzle

## Piece # 1

Every mission requires actions, and action words are verbs.

### Exercise # 1

### Part 1

On the following pages are seven lists of verbs. Pick out the three verbs from each list which most excite you and write them at the bottom of the list.

### Exercise # 1

### Part 2

From the selected verbs at the bottom of each list, select the ultimate three. Write down your three most meaningful, purposeful and exciting verbs below:

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These three verbs comprise puzzle piece #1



accomplish  
acquire  
adopt  
advance  
affect  
affirm  
alleviate  
amplify  
appreciate  
ascend  
associate  
believe  
bestow  
brighten  
build  
call  
cause  
choose  
claim  
collect  
combine  
command  
communicate  
compel  
compete  
complete

The 3 verbs that  
most excite you:

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compliment  
compose  
conceive  
confirm  
connect  
consider  
construct  
contact  
continue  
counsel  
create  
decide  
defend  
delight  
deliver  
demonstrate  
devise  
direct  
discover  
discuss  
distribute  
draft  
dream  
drive  
educate  
elect

the 3 verbs that  
most excite you:

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embrace  
encourage  
endow  
engage  
engineer  
enhance  
enlighten  
enlist  
enliven  
entertain  
enthuse  
evaluate  
excite  
explore  
express  
extend  
facilitate  
finance  
forgive  
foster  
franchise  
further  
gather  
generate  
give  
grant

the 3 verbs that  
most excite you:

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heal  
hold  
host  
identify  
illuminate  
implement  
improve  
improvise  
inspire  
integrate  
involve  
keep  
know  
labor  
launch  
lead  
light  
live  
love  
make  
manifest  
master  
mature  
measure  
mediate  
model

the 3 verbs that  
most excite you:

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mold  
motivate  
move  
negotiate  
nurture  
open  
organize  
participate  
pass  
perform  
persuade  
play  
possess  
practice  
praise  
prepare  
present  
produce  
progress  
promise  
promote  
provide  
pursue  
realize  
receive  
reclaim

the 3 verbs that  
most excite you:

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reduce  
refine  
reflect  
reform  
regard  
relate  
relax  
release  
rely  
remember  
renew  
resonate  
respect  
restore  
return  
revise  
sacrifice  
safeguard  
satisfy  
save  
sell  
swerve  
share  
speak  
stand  
summon

the 3 verbs that  
most excite you:

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support  
surrender  
sustain  
take  
tap  
team  
touch  
trade  
translate  
travel  
understand  
use  
utilize  
validate  
value  
venture  
verbalize  
volunteer  
work  
worship  
write  
yield

the 3 verbs that  
most excite you:

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**Now go back to  
Puzzle Piece #1,  
Part 2**

# The Mission Statement Puzzle

## Piece # 2

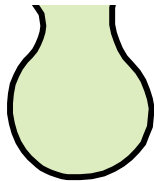
### Exercise # 2

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 "joy" or "an unselfish life of service" or "justice" or "the closeness of family" or "creativity" or "freedom" or "equality" or "uncompromised faith" or "pursuit of excellence."

What is your *core value*? Write the word or phrase below:

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This becomes puzzle piece # 2.



# The Mission Statement Puzzle

## Exercise # 3

Go back to the Passion Assessment from a previous meeting and look at questions # 8 & 9. From the categories you selected, pick the one group, entity or cause you most would like to help or impact in a positive way.

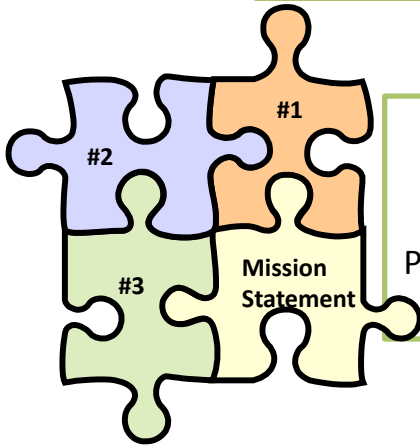
Write down that cause, entity, or group's name on the line below.

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This becomes puzzle piece # 3.

**Piece # 3**

# Putting It All Together



Formula for your mission statement:

Puzzle Piece #1 + Puzzle Piece # 2 *to, for, or with* Puzzle Piece #3.

See the next page for examples, then come back and fill in the boxes below from your puzzle pieces.

My mission is to:

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
(your three verbs - #1)

\_\_\_\_\_  
(your core value or values - #2)

*to, for, or with*

\_\_\_\_\_.  
(the group/cause which most moves/excites you - #3)

Write out your Mission Statement below, making any adjustments you want.

## Examples

My mission is to:

create, encourage, and nurture,  
(your three verbs - #1)

an environment of growth, safety, and unlimited potential  
(your core value or values - #2)

*to, for, or with*

High School Youth.  
(the group/cause which most moves/excites you - #3)

*"My mission is to create, encourage, and nurture an environment of growth, safety, and unlimited potential for High School Youth."*

My mission is to:

uphold, discover, and support,  
(your three verbs - #1)

trust, honesty, and integrity  
(your core value or values - #2)

*to, for, or with*

all relationships.  
(the group/cause which most moves/excites you - #3)

*"My mission is to uphold, discover, and support trust, honesty, and integrity with all relationships."*

## Summarize & Discuss

1. Does your mission statement fit the following characteristics for a successful statement?
  - a. Is it inspiring?
  - b. Does it benefit more than one person?
  - c. Could it be understood by an 'outsider'?
  - d. Are its phrases meaningful?
2. Did you end up with a statement that fits you and what you might want to do in life or what you might want to do in the next few years?
  - a. Why or why not?
3. Are you willing to share your statement with the group? Are you willing to get feedback from the group?
4. How did you feel about the process of writing the mission statement?
5. Does having a mission statement have any use or function in your life?
6. Are you comfortable sharing this Mission Statement with your parents/family?
7. Other questions or comments?

<b>March 4</b>	<b>College Academic Athlete – Physical Fitness (Nutrition &amp; Exercise)</b>
<b>March 25</b>	<b>College Academic Athlete – Spiritual Fitness (Why you believe what you believe)</b>
<b>April 1</b>	<b>College Academic Athlete - Social Fitness (Stress &amp; Energy Management)</b>
<b>April 15</b>	<b>College Academic Athlete - Putting it All Together for Optimum Health &amp; Well-being</b>
<b>May 6</b>	<b>Money Talks</b>

### **“Warming up for College” CHALLENGE:**

**Continue to keep your calendar up to date**

**Try going ‘off grid’ while studying (no phone, TV, Internet, etc.)**

**Consciously examine the quality of your friendships.**

**Look honestly at your relationship with your parents. Think about what could make that relationship better.**

**Give some serious thought to the kind of person you want to spend your life with.**

**Think about what motivates you and what you want to do with your life, keeping in mind what you have learned about your passions and gifts.**

**Keep your Personal Mission Statement in mind as you make decisions for today and for the future.**