



Ifa Foundation Healing Circle Challenge 2022

Creating Your Personal Mission Statement

Adapted from Forbes.com

What it is:

A personal mission statement is much like a corporate mission statement: it describes your convictions, what you stand for, and how you plan to create a life that embodies your values. In other words, it becomes your personal definition of success—one that is separate from the approval of others. It is your “why”!

Your personal mission statement is a short statement, usually a sentence or two, that points to the direction you intend your life to move in. It’s like a compass that helps you stay on track, heading in the direction you want to go.

How it helps:

A personal mission statement reconnects with your deeper purpose and motivations.

How to Write Your Personal Mission Statement

This exercise will guide you in reconnecting with your daily life purpose. Your task is to create a personal mission statement that describes your “**why**”.

1. Brainstorm your “why,” thinking about the following:

- What inspires you and gets you out of bed in the morning?
- What are your innate strengths?
- How will you measure success in your life?
- What do you stand for? What do you stand against?
- What setbacks have you experienced and what have they taught you?
- What values or positive character traits or skills do you want to develop further?
- What phrases guide your everyday actions?
- What important relationships do you want to cultivate in your life?
- How do you want to feel each day?

2. Keep your personal mission statement clear and brief—no more than three sentences long.

3. Use positive language. Instead of saying what you don't want to do anymore, focus on what type of person you do want to become.

Personal Mission Statement Examples

“To... [what you want to achieve, do or become] ... so that ... [reasons why it is important]. I will do this by ... [specific behaviors or actions you will use to get there]”

“To live each day with ... [choose 1-3 values or principles] ... so that ... [what living by these values will give you]. I will do this by [specific behaviors you will use to live by these values]”

“To appreciate and enjoy ... [things you want to appreciate and enjoy more] ... by ... [what you can do to appreciate and enjoy these things on a daily basis]”

Defining your “why” and becoming crystal clear on the larger purpose fueling you will be the anchor that helps you ride out changes and future setbacks.

This Is The Right Time

Your personal mission statement is about the present view of how you relate to your why. Your why may change as your perspective elevates and your life matures. Some personal mission statements are timeless! Aim for creating a timeless mission statement.

The Healing Circle Meets Once A Month

This is your time to share your progress success and struggles. It is not a personal counseling session. It is more of a group inspiration and community time. Please do share your mission statement at one of the meetings. Join the 2022 Challenge!