



“Mission Possible”

Creating A Personal Mission Statement

Overview: “Mission Possible” is an activity designed to guide participants through the process of writing a personal mission statement. As individuals are guided through this step-by-step process, they will reflect upon what actions, values and causes inspire them. These become the building blocks of their mission statement. This exercise is an adaptation from *The Path* by Laurie Beth Jones.

Category: Visioning, Personal Development, Leadership Skills

Bonner Connection: This activity can be integrated with a variety of Bonner Training Modules. It is an especially good companion to the Board of Director’s Exercise and an effective tool to use to begin conversations about vocational discernment and life purpose.

expectation	explore	experience	example	expertise
	♥	♥		

VALUES: ALL - community engagement, community building, diversity, social justice, international perspective, spiritual reflection

Level: This activity can be used with students at all levels. If used at explore or experience stages, it would be beneficial to replicate the activity at the example or expertise stages. This will allow students to determine if their life experiences have impacted their mission in life.

Type: This is a structured activity suitable for use in a workshop, retreat or training session. It can also be used during a regular meeting. Students may also want to reflect on their mission during one-on-one meetings and incorporate it into their senior presentations of learning.

Focus or Goals of this Guide:

- Guide individuals in the crafting of a personal mission statement.

- Challenge individuals to discern what their life is calling them to do.
- Provide an opportunity for individuals to identify the actions, values and beliefs that guide their lives.

Materials:

- Mission Worksheet
- Term Handouts
- Pencils and/or Pens

How to Prepare:

Read the activity and become familiar with the exercise. Facilitators are encouraged to use this activity to create their own mission statement prior to leading a group in the process.

How to Do/Brief Outline:

The outline has the following six parts.

- | | |
|------------------------------|-------------------------|
| 1) Introduction | 1-2 minutes |
| 2) Identify Your Actions | no more than 5 minutes |
| 3) Identify Your Core Values | no more than 5 minutes |
| 4) Connecting Value & Action | no more than 5 minutes |
| 5) Identify Your Tribe | no more than 5 minutes |
| 6) Putting it all Together | no more than 10 minutes |

Part 1) Introduction

Suggested time: 1-2 minutes

Say:

As you may be aware, most organizations have a mission statement. The purpose of this statement is to communicate to the public what the organization is committed to doing. A vision statement communicate the ideal; the end result to which the work is leading.

During this activity, we will focus on what each of you is committed to doing with your lives. The end result will be your personal mission statement.

Part 2) Identify Your Actions

Suggested time: no more than 5 minutes

In “identify your actions,” workshop participants are asked to select action words (verbs) that will subsequently be incorporated into their mission statement.

Say:

Every mission requires action and action words are verbs. Review the attached list and select 3 verbs that most inspire you. Write them in the designated spaces on your worksheet.

Allow participants two to three minutes to complete the task.

Part 3) Identify Your Core Values

Suggested time: no more than 5 minutes

In “identify your values,” participants will be asked to reflect on their values and to identify three that are at the core of their lives.

Say:

Our actions are driven by our values. To that end, no mission statement would be complete without language to reflect personal (or collective) values. Review the attached list of values and select three. Write them in the designated spaces on your worksheet.

Allow participants 1-2 minutes to complete task.

Say:

Take a moment now and really consider the three values you have selected. Of those three, what principle, cause, value, or purpose would you be willing to devote your life to? What is at the core of your being? What would you be willing to “defend to the death?”

Allow participants 1 minute to complete task.

Part 4) Connecting Value & Action

Suggested time: no more than five minutes

During this portion of the activity, participants will determine how well their chosen actions and values will function together in a mission statement.

Say:

Now that you have selected your value(s) and your actions, it is important to see if they pass the compatibility test. Using the next portion of your worksheet, combine each action with your chosen value(s) to see if they “make sense” when working together in a sentence or phrase.

In the even one or more verbs don't make sense when paired with the core value(s), it is important to determine which of the two words is more "true" to who you are. Keep that word, set aside the other, and identify a stronger word to replace it. One of the alternate words you selected may be a better choice. It is important to identify what it is about the word that you like. Does it represent what you really want to do?

Take the next few minutes to complete this portion of the activity.

Allow participants 2-4 minutes to complete task.

Part 5) Identify Your "Tribe"

Suggested time: no more than five minutes

In the "identify your tribe" phase of the activity, participants will be challenged to identify the causes to which they are committed.

Say:

As you think about what you want your life to be about, it is important to think about the causes (or tribes) in which you really believe. Are there specific groups of people, organizations or causes that you are committed to serving or helping in some positive way? Where and with whom does your passion lie?

Take the next few minutes to review the list of tribes and identify the three whom you most want to serve or be connected with in a meaningful way. Write the three you choose on your worksheet.

Allow participants up to 5 minutes to complete the task.

Part 6) Putting it all Together

Suggested time: up to ten minutes

During this portion of the activity, participants put all of the pieces together to write their mission statement.

Say:

Now that you have identified your actions, values and passions, it's time to pull it all together into a mission statement. Your mission is the sum of these three components: verbs, values, and tribes.

Spend the next few minutes reflecting upon what you have done thus far and think about what you really want to be about. What purpose do you have for your life? Listen to the "still, small

voice” within and, using your verbs, values and tribes, try to articulate what your heart is saying.

Use the space provided on your worksheet to write your mission statement.

Allow participants up to five minutes to complete this task.

Say:

One “test” of a good mission statement is to determine if it is inspiring, exciting, clear, true and engaging. As you read through the statement you have written mentally respond to the following questions:

Is it you?

Is it true?

Does it make sense?

Is it inspiring?

Does it excite you?

Does it excite others? (ASK!)

Would you be willing to have your life be about this and only this?

Is this something you can do in varied contexts (work, home, alone, social gatherings)?

Take the next few minutes to review what you have written and make modifications

As you see fit.

Allow participants 2-3 minutes to complete this task.

Bring participants back together as a group and provide an opportunity for individuals to share their mission statements and to reflect upon the process.

Handouts:

Mission Statement Worksheet

Mission Statement Verbs

Mission Statement Values

Mission Statement Tribes

MISSION STATEMENT: ACTIONS

Accomplish	Discuss	Involve	Refine
Achieve	Distribute	Keep	Reflect
Acquire	Draft	Know	Reform
Adopt	Dream	Labor	Regard
Advance	Drive	Launch	Relate
Affect	Educate	Lead	Relax
Affirm	Elect	Light	Release
Alleviate	Embrace	Live	Rely
Amplify	Encourage	Love	Remember
Appreciate	Endow	Make	Renew resonate
Ascend	Engage	Maintain	Respect
Assist	Engineer	Manifest	Restore
Associate	Enhance	Master	Return
Believe	Enlighten	Mature	Revise
Bestow	Enlist	Maximize	Sacrifice
Brighten	Enliven	Measure	Safeguard
Build	Entertain	Mediate	Satisfy
Call	Enthuse	Model	Save
Cause	Evaluate	Mold	Sell
Choose	Excite	Motivate	Serve
Claim	Expand	Move	Share
Collect	Explore	Navigate	Speak
Combine	Express	Negotiate	Stand
Command	Extend	Nurture	Summon
Communicate	Facilitate	Open	Support
Compel	Finance	Organize	Surrender
Compete	Forgive	Originate	Sustain
Complete	Foster	Participate	Take
Compliment	Franchise	Pass	Tap
Compose	Further	Perform	Teach
Conceive	Gather	Persuade	Team
Confirm	Generate	Plan	Touch
Connect	Give	Play	Trade
Consider	Grant	Possess	Transform
Construct	Heal	Practice	Translate
Contact	Hold	Praise	Travel
Continue	Host	Prepare	Understand
Counsel	Identify	Present	Unify
Create	Illuminate	Produce	Use
Decide	Implement	Progress	Utilize
Defend	Improve	Promise	Validate
Delight	Improvise	Promote	Value
Deliver	Increase	Provide	Venture
Demonstrate	Influence	Pursue	Verbalize
Design	Inspire	Realize	Volunteer
Devise	Integrate	Receive	Work
Direct	Introduce	Reclaim	Worship
Discover	Invent	Reduce	Write

MISSION STATEMENT: CORE VALUES

Following are some examples of core values