

## **What is a Personal Mission Statement?**

It's a statement of personal purpose. It is usually one sentence in length and explains who you serve, what you do, and why you do it.

### **Some characteristics of Personal Mission Statements:**

- Are easily understood by anyone
- Are unique to you – based on your talents, skills, values, characteristics, and experiences
- Are based on these assumptions:
  - Everyone is here for a purpose
  - It is better to be clear about that purpose than unclear

### **Some examples of personal mission statements:**

To promote life-long learning  
To generate new ways of thinking in society  
To facilitate personal growth in college students  
To organize business systems to make them more efficient  
To help others make meaning of the world  
To write inspirational literature  
To bridge theory and practice in the field of education  
To create art that expresses the human condition  
To create music to expose social problems  
To explore human behavior toward creating helpful theories  
To search for new species  
To see possibilities  
To make a difference in the life of children  
To protect the environment  
To explore cultures around the world  
To protect my country  
To help people find meaning in their lives  
To find and report the best practices in my career field  
To create and experiment with new educational models  
To create and experiment with new psychological models  
To provide a stable and nurturing family life  
To facilitate meaningful conversations about (name topic or field)  
To promote freedom of religion  
To promote free speech  
To help those with speech difficulties improve their skills  
To be a positive influence on everyone in my life  
To invent profitable and helpful personal care products  
To create and manage my own restaurant featuring unique recipes in a warm atmosphere

Please click to select the 5 values, 5 characteristics, and 5 skills/talents that best describe you from each list.

Values	Characteristics	Skills and Talents

Look over these 15 items and see what patterns and connections you can detect among them. What does this say about you? What are you all about?

Then take that information and write a personal mission statement to describe what your main motivation is – your mission. Base it on the combination of your values, characteristics, and skills/talents.

Based upon the above values, characteristics, skills and talents, my mission is to:

## Values

achievement	fairness	leisure	safety
action	fame	love	security
adventure	family	loyalty	self-actualization
affection	fashion	manners	self-respect
approval of others	financial security	marriage	serenity
authority	free choice	materialism	simplicity
autonomy	free thinking	meaningful work	sincerity
balanced life	free time	money	single life
beauty	freedom	nature	skill
career	friendship	non-violence	social change
challenge	frugality	novelty	social justice
change	generosity	order	social status
charity	goals	originality	socializing
children	happiness	parenthood	solitude
civil rights	health	patriotism	sophistication
civility	hobbies	peace	spirituality
cleanliness	home	perfection	spontaneity
collaboration	honesty	personal appearance	stability
common sense	human development	personal growth	status
community	human dignity	philanthropy	success
community service	human potential	philosophy	time
compassion	humility	physical challenge	tradition
conformity	humor	physical fitness	travel
congruency	imagination	playfulness	truth
convention	independence	popularity	variety
courage	inner harmony	possessions	wealth
creativity	insight	power	winning
culture	integrity	privacy	wisdom
discipline	intellectual challenge	productivity	work
diversity	intelligence	progress	
education	intimacy	purpose	
efficiency	introspection	quality	
effort	intuition	recognition	
emotional expression	joy	recreation	
emotional health	justice	relationships	
the environment	kindness	relaxation	
equality	knowledge	religion	
excellence	law	responsibility	
excitement	leadership	romance	
expertise	learning	routine	

other values:

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## Characteristics

accepting	dignified	industrious	purposeful
active	diplomatic	inner-directed	quiet
adaptable	direct	innovative	rational
adventurous	discreet	inquisitive	realistic
affectionate	discriminating	insightful	reasonable
altruistic	dominant	inspirational	reflective
ambitious	down to earth	intelligent	relaxed
assertive	eager	introspective	reliable
astute	easy-going	intuitive	reserved
athletic	educated	joyful	resourceful
attractive	effective	kind	respectful
authentic	efficient	knowledgeable	responsible
balanced	elegant	leader	risk-taking
beautiful	emotional	logical	secure
bold	empathic	loving	self-controlled
brave	enchanting	loyal	selfless
bright	energetic	mature	self-reliant
brilliant	enterprising	mellow	sensible
calm	entertaining	methodical	sensitive
candid	enthusiastic	modest	serious
carefree	ethical	moral	sincere
careful	even-tempered	motivated	skillful
caring	expressive	mysterious	sociable
charitable	fair	natural	spiritual
charming	faithful	neat	spontaneous
charismatic	firm	nice	stable
charitable	flexible	non-conformist	strong
cheerful	focused	non-judgmental	supportive
clever	forceful	non-superficial	sweet
committed	forgiving	open	sympathetic
compassionate	forthright	open-minded	tactful
competent	friendly	optimistic	thoughtful
competitive	frugal	organized	thrifty
confident	fun-loving	original	tidy
conformist	generous	out-going	tolerant
congruent	gentle	patient	trusting
conscientious	genuine	patriotic	trustworthy
considerate	good humored	peaceable	understanding
consistent	graceful	perceptive	unique
content	grateful	perseverant	versatile
cooperative	handsome	persuasive	visionary
cordial	hard-working	philosophical	warm
courageous	harmonious	pleasant	wise
creative	healthy	popular	witty
curious	helpful	powerful	
daring	honest	practical	
decisive	humble	predictable	
dedicated	idealistic	principled	
deep	imaginative	proactive	
dependable	independent	productive	

other characteristics:

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## Skills and Talents

accuracy	finding new uses for things	resolving conflicts
acting	following directions	resourceful
adapting to change	gardening	running meetings
advising others	giving positive feedback	science
aesthetic sensitivity	generating new ideas	seeing all sides of an issue
analyzing problems	helping people	seeing connections
art	homemaking	seeing possibilities
assessing resources	hunting/fishing	seeing the big picture
bargain shopping	identifying problems	selling
brainstorming	implementing systems	sensitive awareness of emotions
bridging theory & practice	inspiring others	serving others
budgeting	instructing	sewing
building things	intuitive knowledge	setting up systems
caring for others	knowing & following protocol	singing
caring for animals	leadership	solving puzzles
carpentry	learning new skills and/or concepts	solving mysteries
changing things	listening	spatial relations
cleaning	maintaining systems	speaking
coaching	making connections	spiritual understanding
cooking	making decisions	sports
comforting others	managing crises	story telling
computer skills (general)	managing multiple tasks	straightening things up
computer programming	managing people	strategizing
concentration/focus	manual labor	supervising
coordinating projects/tasks	mathematical ability	synthesizing information
counseling	mechanical know-how	teaching
craft work	meeting deadlines	team development
creative projects	meeting people easily	team work
creating clarity	mentoring	technology
creating metaphors	motivating others	thinking quickly
creating systems	musical	thinking things through
critiquing	negotiating	thoroughness
customer service	observing accurately	training
dancing	organizational development	understanding complicated ideas
decision making	organizing	understanding nature
designing	parenting	using logic
detail orientation	persisting	vision
developing instructional materials	persuading	woodworking
developing models	physical stamina	working independently
developing relationships	physical strength	working on a team
developing theories	planning	working with machinery
empathizing with others	poetry	working with numbers & formulas
empowering others	precision	working with tools
entertaining people	problem solving	working with children
establishing order	promoting a positive environment	working with the elderly
establishing rules	promoting peace	working with people
explaining ideas and theories	psychic	writing
explaining plans and systems	putting people at ease	
expressing feelings	public speaking	
facilitating processes	quality control	
facilitating communication	repairing things	
facilitating understanding	research	

other skills and talents:

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