

# Personal Mission Statement Worksheet

**KINDLE Practice #6: For emotional health live out  
the personal calling for which you have been gifted**

## **Personal Mission Statement Resources**

- ✘ “The Path”, Laurie Beth Jones; Hyperion, 1996
- ✘ “First Things, First”, Stephen Covey, A. Roger Merrill, Rebecca Merrill; Simon & Schuster, 1994.
- ✘ “The Purpose Driven Life”, Rick Warren; Zondervan, 2002.
- ✘ “Life Mission: A Developmental Experience,” Les Stroh; Cornerstone, 1993

## **Personal Mission Statement Exercises.**

### **POSITIVE PROPHECY (Jones)**

1. Write down a positive prophecy someone gave you about yourself. It could be recent or from years ago.
  
  
  
  
  
  
  
  
  
  
2. Who was the messenger
  
  
  
  
  
  
  
  
  
  
3. Has their prophecy come to pass?
  
  
  
  
  
  
  
  
  
  
4. Could it still?
  
  
  
  
  
  
  
  
  
  
5. Whose voice can God use to reach you with messages about your mission and destiny?

# Personal Mission Statement Worksheet

## Personal Mission Statement Exercises, continued.

### **PASSION: YOUR POWER (Jones)**

*If your mission holds no personal passion, it is not your path. Enthusiasm comes from the root words “en” and “theos”, which means “in God.” What are you enthusiastic or “in God” about?*

– Laurie Beth Jones

1. What most excites you in or about the world?
  
2. What most angers you in or about the world?
  
3. If you could teach three things to others about what excites you in the world, what three things would you teach? For example, if you picked “beauty” as what excites you, you might want to teach these three things: That God is the creator of beauty. That beauty is all around us. That we must preserve and protect it.
  
4. If you could convey to others three things about what angers you in the world, what would you convey?
  
5. How can you use what most excites you to affect or change what most angers you? Try to list ten ways.

### **CORE VALUES:**

*List your Core Values (from Module 1-4):*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**PRAYER BREAK!**

# Personal Mission Statement Worksheet

Take a moment to reflect and pray over pages 1-2.

## Personal Mission Statement Exercises, continued.

### **VERBS** (Jones)

*Every mission statement requires actions and action words are verbs.*

Below is a list of verbs. Pick out three verbs from each column which most excite you. Then from that list select the ultimate three.

accomplish	create	further	open	revise
acquire	decide	gather	organize	sacrifice
adopt	defend	generate	participate	safeguard
advance	delight	give	pass	satisfy
affect	deliver	grant	perform	save
affirm	demonstrate	heal	persuade	sell
amplify	devise	hold	play	serve
appreciate	direct	host	possess	share
alleviate	discover	identify	practice	speak
ascend	discuss	illuminate	praise	stand
associate	distribute	implement	prepare	summon
believe	draft	improve	present	support
bestow	dream	improvise	produce	surrender
brighten	drive	inspire	progress	sustain
build	educate	integrate	promise	take
call	elect	involve	promote	tap
cause	embrace	keep	provide	team
choose	encourage	know	pursue	touch
claim	endow	labor	realize	trade
collect	engage	launch	receive	understand
combine	engineer	lead	reclaim	use
command	enhance	light	reduce	utilize
communicate	enlighten	live	refine	validate
compel	enlist	love	reflect	value
compete	entertain	make	reform	venture
complete	enthuse	manifest	regard	verbalize
compliment	evaluate	master	relate	volunteer
compose	excite	mature	relax	work
conceive	explore	measure	release	worship
confirm	express	mediate	rely	write
connect	extend	model	remember	yield
consider	facilitate	mold	renew	
construct	finance	motivate	resonate	
contact	forgive	move	respect	
continue	foster	negotiate	restore	
counsel	franchise	nurture	retrun	

MY FINAL THREE VERBS: \_\_\_\_\_  
(Puzzle piece #1)

# Personal Mission Statement Worksheet

## Personal Mission Statement Exercises, continued.

### **WHAT DO YOU STAND FOR? (Jones)**

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 "service" or "justice" or "family" or "creativity" or "freedom" or "equality" or "faith" or "excellence".

What is your core? Write the word or phrase down here:

---

(Puzzle piece #2)

### **WHOM ARE YOU HERE TO HELP? (Jones)**

*Get clear on who you really want to serve, be around, inspire, learn from and impact in a positive way.*

Below is a list of groups and/or causes. Pick the three that most attract you.

- |                      |                     |
|----------------------|---------------------|
| Environment          | Churches            |
| Families             | Spirituality        |
| Education            | Faith               |
| Media                | The disabled        |
| Health Care          | Infants             |
| Elderly              | Child care          |
| Children             | Child protection    |
| The poor             | Justice             |
| The homeless         | Literacy            |
| Immigration          | Civil rights issues |
| Energy               | Fashion             |
| Agriculture          | Art                 |
| The justice system   | Books               |
| Parks and Recreation | Music               |
| Veterans             | Movies              |
| Substance abusers    | Sports              |
| Nutrition            | Food                |
| Law                  | Fitness             |
| Politics             | Travel              |
| Government           | DCEs                |
| Youth                | Leaders             |
| Roads & bridges      | Women               |
| Business             | Men                 |
| Non-profit agencies  | Design              |

Pick the one group, entity or cause you would most like to impact in a positive way:

\_\_\_\_\_ (puzzle piece #3)

# Personal Mission Statement Worksheet

## Personal Mission Statement Exercises, continued.

### **PUTTING IT ALL TOGETHER (Jones)**

This is the formula for your mission statement.

**My mission is to:**  
\_\_\_\_\_ and \_\_\_\_\_  
(your three verbs—Puzzle Piece #1)

\_\_\_\_\_  
(your core value or values)

to, for or with

\_\_\_\_\_  
(Puzzle piece #3)

Does this surprise you? Is it similar to what you are already doing? If it's different, how is it different? How do you feel when you first look at it? Does it have "heart"? Say it out loud. Does it fit you?

Bring this draft back to your learning cluster.