



My Purpose and Mission Statement

Your mission statement reflects your personal core beliefs and values. It addresses questions like the following and helps them define and pursue your goals.

1. What is your life about? _____

2. What do you value? _____

3. What do you treasure? _____

4. What is important to you? _____

5. What do you do that is worthwhile? _____

6. What am I drawn to, that I find myself doing in my spare time? _____

7. How do I want to be remembered? _____

Your purpose statement reflects the “why” for your mission. It is the intention or results from the activities or accomplishments of my mission statement. This is generally 1-3 words.

We experience our purpose by doing our mission.

The purpose of my life is to experience: _____

And the mission of accomplish this

is: _____

Example: “**My Purpose** is to experience Joy, peace and freedom.”

My Mission: “To create deep authentic relationships by inspiring others to tap into their light and live their truth. I live my mission by creating a safe and open environment, being the example of living in balance with good health, self-love and living on purpose.”

All of this allows me to model: **Hope, Trust and Compassion** (My Divine **contract** or **puzzle piece** of unique gifts and talents.)