



**Mother Jai's Wellness**  
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### **PERSONAL MISSION STATEMENT**

An individualized statement that declares who you want to be, what you want to do, and the values, beliefs, and principles that you base your life on. Once developed it is a simple, clear, and concise statement that directly guides your actions and behaviors. As it is developed it must align with your core values, beliefs, principles, ideals, and passions. Your personal mission statement is your reason for existence, it directs and defines your personal purpose in life. Also, known as your personal credo or philosophy.

**Benefits:**

- Defines your purpose in life
- Provides direction for you throughout life
- Acts as a compass to help show the way
- Keeps you focused on your goals
- Inspires and motivates commitment
- Improves self-awareness through its development

**Crafting your personal mission statement:** through self-reflection and self-assessment you can discover your personal mission and thus write the short statement describing your personal mission. This process should be done alone in a quiet place so that you may contemplate without distractions. Begin by asking yourself this series of questions and writing down the answers. Then returning to your answers and analyzing their meanings.

**Contemplate and answer the following:**

**What do I want to be?**

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**What do I want my purpose to be?**

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**What do I want to do?**

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**What do I hope to achieve in life?**

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**What do I stand for, my principles?**

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**What are the principles I hold most dear?**

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**How do I want to impact others' lives?**

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**How do I want to be remembered when I'm gone?**

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