



Mission Statement Exercise

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Key Reflective Thoughts

Take some time and reflect on the keys making up who you are:

My Top 5 Values are:

_____	_____	_____
_____	_____	_____

Words describing me when I feel in the flow:

_____	_____	_____
_____	_____	_____
_____	_____	_____

The following bring me joy:

_____	_____	_____
_____	_____	_____
_____	_____	_____

The following are my strengths as I see them:

_____	_____	_____
_____	_____	_____
_____	_____	_____

The following are strengths others see in me (hint- if you don't know, ASK!):

_____	_____	_____
_____	_____	_____
_____	_____	_____

Other Notes:

"Happiness comes from being who you actually are instead of who you think you are supposed to be." - Shonda Rhimes

Mission Statement Rough Drafts

Using words from the previous page, create a 3-5 word mission statement for yourself. Space below for five versions to get you started. (Ex: To courageously take risks, To empower and inspire, Connection through radiating happiness.)

Mission Statement Version 1:

Mission Statement Version 2:

Mission Statement Version 3:

Mission Statement Version 4:

Mission Statement Version 5:

Who are 3 people you would want to share your mission statement with:

"Every person above the ordinary has a certain mission that they are called to fulfill." - Johann Wolfgang von Goethe