



## Activity: Personal Mission Statements

Completing your own personal mission statement can be a very private yet meaningful activity. Articulating what you care about, determining what does not matter to you, and thinking about your future can be a powerful exercise in finding direction in your work.

**Purpose:** Articulating what you care about, determining what does not matter to you, and thinking about your future can be a powerful exercise in finding direction in your work. It also helps mentor and mentee identify shared goals, and can lead to decisions about real-world projects that match your shared goals.

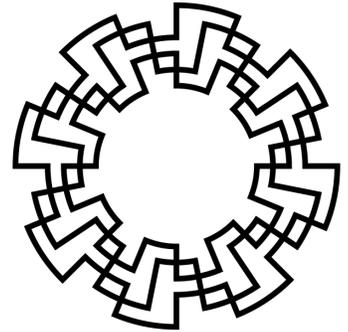
**Time:** 30-45 minutes (15-20 minutes for individual reflection, 15-25 minutes for sharing)

**Materials:** [Handout: My Personal Mission Statement](#), writing utensil, [Slides: Personal Mission Statement Presentation](#) (optional)

**Who:** Mentor and Mentee

**What:**

1. Answer the following questions individually and be prepared to share them with each other:
  - Identify your core values. What are the ethics, attitudes, and characteristics that mean the most to you? See the [Threads Culture website](#) for some examples of core values.
  - Pick three of your core values. Why are these values important to you? How did you learn these values? What is your definition of each of these values?
  - How have these values been illustrated in your work or education? Describe at least one example of a time where you acted on each of your three core values (or did not !). What was the impact of following through on your values.
  - Write a simple, short statement that describes your mission. Incorporate what your values mean to you and how you plan on following your mission in the future.
2. Share your personal mission statements with each other to provide insight into what drives your thoughts and actions. These kinds of statements answer the question, “Why



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do I do what I do?" and provide direction when all of the participants are trying to choose a plan of action.

**Tips:**

- For more guidance in articulating your personal mission statement, read the Forbes Coach Council's [13 Ways You Can Craft A Strong Personal Mission Statement](#).

**Variations:**

Can be done in a large-group setting to identify shared goals across an entire team.

**Link(s) to Materials:**

- [Handout: Personal Mission Statement](https://tinyurl.com/ActivityPersonalMission) (<https://tinyurl.com/ActivityPersonalMission>)
- [Slides: Personal Mission Statement](https://tinyurl.com/PersonalMissionStatementSlides) (<https://tinyurl.com/PersonalMissionStatementSlides>)