

Caring For Ourselves

What Are My Mission Statements?

Job?

[why do you have your job? What do you want from your job?]

Career?

[your job and career may be 2 different things. Your job may support you until you get to your career. Why did you choose this career? What do you want from your career?]

Personal?

[this statement should begin with "I am ...[what] generous, hopeful. Who is the person you want to be?]

Spiritual?

[this statement should reflect how you want to find fulfillment. How do you connect to that which is greater than you?]

Epitaph?

[how do you want to be remembered when you die? What do you want people to say about you?]

Write a sentence as to what **"your"** mission statement is for each of these. These statements should help guide your life and behaviours in each of these areas. Once you have written a mission statement for each put them in a sealed envelope for 3 months. In 3 months open the envelope and see you if you are living your life according to **"your"** mission statements.

Recognize that life changes and our mission statements may change – so you may decide to re-write your mission statement.

Or – you may recognize that you need to change your behaviour to be more in line with **"your"** mission statement.