



Everything Is Possible

Think Positive: Exercise

Life Planning Exercise 3 – My Personal Mission Statement

A critical part of building a life filled with happiness and success is understanding what is important to us. A personal mission statement is a tool for focusing your energy, actions, behaviors and decision-making towards what you are most interested in accomplishing and becoming. It should briefly describe what you want to focus on and achieve, as well as who you want to be in the future in one or more areas of your life.

Sample Personal Mission Statements:

I will make efforts to succeed in school by paying attention in class and engaging with the subject matter. Doing this will help me become better at absorbing and processing information, which will make me more intellectually well-rounded.

I will strive to be healthy by staying active, exercising, and maintaining a balanced diet, all of which will help me stay energetic and motivated as I get older.

In the spaces below, take time to write down your personal mission statements. Begin each statement with “I will,” and keep them positive. Remember, your life is a product of your expectations, so Dream Big and expect great results.