

## How to create a personal mission statement

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Back in the early 1990s, I was pondering what I was going to do with the rest of my life. I was at a crossroads and was discussing my next turn with a trusted colleague. Instead of asking me what I wanted to do, he asked me about my personal mission statement. When I told him I didn’t have one, he insisted I get one and use it as a guide for my biggest decisions in life. He told me a personal mission statement is important because it would keep me grounded in my values, beliefs, and priorities, and help me make decisions and choices that represent or accommodate my values, beliefs, and priorities. He made it clear that a personal mission statement can set a person on the right path in life that best suits them--and I took his advice to heart.

One of the most effective ways to go about creating a personal mission statement is to plan time when you can be totally alone--away from cell phones, friends, neighbors, and even family. Although it isn’t necessary, nature provides an ideal setting because it gets you out of the artificial, mechanical, segmented world and puts you in touch with natural harmony and balance. It creates the conditions where you can clear your mind and try to really open up to your innermost feelings.

To gain a good perspective on yourself when formulating a personal mission statement, I recommend answering the following questions by Stephen Covey and Roger and Rebecca Merrill (as honestly as you can):

- What do I feel are my greatest strengths?
- What strengths have others who know me well noticed in me?
- What do I deeply enjoy doing?
- What qualities of character do I most admire in others?

*-Who is the one person that has made the greatest positive impact on my life?*

*-Why was that person able to have such significant impact?*

*-What have been my happiest moments in life?*

*-Why were they happy?*

*-If I had unlimited time and resources, what would I choose to do?*

*-When I daydream, what do I see myself doing?*

*-What are the three or four most important things to me?*

*-When I look at my work life, what activities do I consider of greatest worth?*

*-When I look at my personal life, what activities do I consider of greatest worth?*

*-What can I do best that would be of worth to others?*

*-What talents do I have that no one else really knows about?*

*-Though I may have dismissed such thoughts many times before for various reasons, are there things I feel I really should do? What are they?*

*-What are my physical needs and capacities?*

*-How satisfied am I with my current level of fulfillment in the physical area?*

*-What quality-of-life results do I desire that are different from what I now have in this area?*

*-What principles will create those results?*

*-What are my social needs and capacities?*

*-How satisfied am I with my current level of fulfillment in the social area?*

*-What quality-of-life results do I desire that are different from what I now have in this area?*

*-What principles will create those results?*

*-What are my mental needs and capacities?*

*-How satisfied am I with my current level of fulfillment in the mental area?*

*-What quality-of-life results do I desire that are different from what I now have in this area?*

*-What principles will create those results?*

*-What are my spiritual needs and capacities?*

*-How satisfied am I with my current level of fulfillment in the spiritual area?*

*-What quality-of-life results do I desire that are different from what I now have in this area?*

*-What principles will create those results?*

*-Where do I see my physical, social, mental, and spiritual needs and capacities overlapping?*

*-What are my important roles in life?*

*-What are the most important lifetime goals I want to fulfill in each role?*

*-What results am I currently getting in my life that I like?*

*-What paradigms are producing those results?*

*-What results am I currently getting in my life that I don’t like?*

*-What are the paradigms that are producing those results?*

*-What paradigms would produce better results?*

*-What would I really like to be and to do in my life?*

*-What are the important principles upon which my being and doing are based?*

Your answers to these questions should give you some excellent input for your personal mission statement.

Go to: [www.AdviceChief.com/personalmissionstatements.html](http://www.AdviceChief.com/personalmissionstatements.html) to see some different examples of other people’s personal mission statements.

Write yours in a similar fashion and let it be your compass in life.

~ The End ~