



# GOALS

*\*Put this date on your calendar.*

#	Area of Life	Specific Goal and Action to Take	Date to Start*
<b>1</b>	<b>Spiritual Mastery</b> <ul style="list-style-type: none"> <li>• Daily Ritual/Worship</li> <li>• Contemplate a.m./p.m.</li> </ul>		
<b>2</b>	<b>Physical Mastery</b> <ul style="list-style-type: none"> <li>• Exercise __ days a week</li> <li>• Eat Healthy 90%</li> </ul>		
<b>3</b>	<b>Mental Mastery</b> <ul style="list-style-type: none"> <li>• Learning and</li> <li>• Personal Growth</li> </ul>		
<b>4</b>	<b>Emotional Mastery*</b> <ul style="list-style-type: none"> <li>• Time Alone</li> <li>• Contemplation</li> </ul>		
<b>5</b>	<b>Vocation/Work</b> <ul style="list-style-type: none"> <li>• Doing what you love</li> <li>• Entrepreneurial</li> </ul>		
<b>6</b>	<b>Financial – A plan</b> <ul style="list-style-type: none"> <li>• Investment/Savings</li> <li>• Residual Income</li> </ul>		
<b>7</b>	<b>Family-Social</b> <ul style="list-style-type: none"> <li>• Family Meetings</li> <li>• Support System</li> </ul>		
<b>8</b>	<b>Leisure:</b> <ul style="list-style-type: none"> <li>• Entertainment</li> <li>• Travel/Vacations</li> </ul>		
<b>9</b>	<b>Life Management</b> <ul style="list-style-type: none"> <li>• Pay Bills/Pers. Bus.</li> <li>• Home/Yard Care</li> </ul>		
<b>10</b>	<b>Contribution</b> <ul style="list-style-type: none"> <li>• Helping Family</li> <li>• Volunteer Work</li> </ul>		

My home(s) will reflect what I love, what matters most to me and what I need to have for my work /avocation as a(n) \_\_\_\_\_ (Furnishings, décor, books, music, equipment, tools, etc.)

1. _____
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6. _____
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8. _____
9. _____
10. _____

# MISSION STATEMENT

## Worksheet

I, \_\_\_\_\_, am committed to serving and using my gifts, talents and skills as a \_\_\_\_\_ to fulfill my destiny and to make a difference in the world. I intend to do this for my personal fulfillment because it is my destiny to \_\_\_\_\_.

(Write in what you feel is your "work in the world" especially if your "job" is not your true calling.)

I will make this contribution through the following works/ways:

If this is applicable, list the work you intend to do here. For example: I will do volunteer work for \_\_\_\_\_; write a book; produce a documentary film; start a community garden; teach people how to \_\_\_\_\_. I will be a community leader to help \_\_\_\_\_; I will use my \_\_\_\_\_ (specific talent) to \_\_\_\_\_.

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**Legacy: This is how I want to be remembered:**

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Date: \_\_\_\_\_

Signed: \_\_\_\_\_

\_\_\_\_\_  
(Print Name Here)

Sample Mission Statement of:

## ***PERSONAL MISSION STATEMENTS***

Your “Mission Statement” is a guide for how you want to contribute to life with who you are and what you do. It declares your purpose and intentions for your life.

Take some time to think about where you want to be at life’s end and what will be a satisfying life. In other words, what does a well-lived life look like to you? When all is said and done, what will have been the most fulfilling for you? What will be a heart ache is to come to the end of your life saying to yourself, “I wish I would have...” Whatever it is you would regret not doing is a clue to what you might begin to do now.

Most of your “regrets” will probably be around not taking time to be with the people you love, or to love more, or to try something you have dreamed about but were afraid to do, including developing a talent you may have with art, or design, or anything that is your natural gift. What a tragedy that is to deprive yourself and the rest of the world!

Remember, your Mission Statement will change over time. However, it is key to staying focused on what matters most to you now and will help guide you on your journey through life.

For reference, included below are the mission statements of Tony Robbins and Stephen Covey.

### **Anthony Robbins’ Mission Statement:**

“The purpose of my life is to humbly serve our Lord by being a loving, playful, powerful and passionate example of the absolute joy that is available to us the moment that we rejoice in God's gifts and sincerely love and enjoy all his creations.”

### **Stephen R. Covey’s Mission Statement:**

To inspire, lift and provide tools for change and growth of individuals and organizations throughout the world to significantly increase their performance capability in order to achieve worthwhile purposes through understanding and living principle-centered leadership.

The above statements by Robbins and Covey may seem grandiose to some people, so here is an example of a statement that might feel more comfortable and in line with your aspirations:

My purpose is to be the best person I can be. I intend to contribute to my family and humanity by living in truth and with impeccable integrity. I will use my talents to and cultivate whatever skills I need to enrich my life and fellow man. I will endeavor to live so that in the end, I can say, I lived, I loved, I learned and shared the gifts of my life and the world is a better place because of me.