

# YOUR ‘BIG WHY’

## Part 1. Your Values (Courtesy of Ann Thomas, Evolving Goddess)

Select ten values below that are important to you. Use the blank boxes to add additional values that are not listed. Feel free to make up your own values.

<b>Family</b>	<b>Self-Respect</b> sense of personal identity, pride	<b>Generosity</b> helping others, improving society	
<b>Competitiveness</b> winning, taking risks	<b>Recognition</b> status, recognition from others	<b>Wisdom</b> discovering and understanding knowledge	
<b>Friendship</b> close relationships with others	<b>Advancement</b> promotions	<b>Spirituality</b> strong religious or spiritual beliefs	
<b>Affection</b> love, caring etc	<b>Health</b>	<b>Loyalty</b>	
<b>Cooperation</b> working well with others, teamwork	<b>Responsibility</b> being accountable for results	<b>Culture</b> race or ethnicity identity	
<b>Adventure</b> new challenges	<b>Fame</b>	<b>Inner Harmony</b> being at peace with oneself	
<b>Achievement</b> a sense of accomplishment	<b>Involvement</b> belonging, being involved with others	<b>Order</b> stability, conformity and tranquility	

<b>Wealth</b> getting rich, making money	<b>Economic Security</b>	<b>Creativity</b> being imaginative, innovative	
<b>Happiness</b>	<b>Pleasure</b> fun, laughs, a leisurely lifestyle	<b>Integrity</b> honesty, sincerity, standing up for oneself	
<b>Freedom</b> independence and autonomy	<b>Power</b> control, authority or influence over others	<b>Personal Development</b> use of personal potential	

Now reduce your list to your top five values. Clearly define what each one means to you.

<b>Value</b>	<b>How You Define That Value</b>

## **Part 2. Personal Mission Statement (Courtesy of Ann Thomas)**

**A personal mission statement is a living document that helps you gain clarity about who you want to become, what you stand for, and what you want to accomplish during your life. It serves as a guiding light from which you can make important decisions and focus your energy, actions, and behaviour towards what is most important to you, and ensure that you live a balanced and fulfilling life.**

**Prior to writing your personal mission statement, answer the following questions:**

- 1. Your legacy. What is the overall impact you want to have? What is the ONE overarching theme that you want to be known for? This is your 'Big Why'.**
- 2. Why is this legacy important to you?**
- 3. What qualities or ways of being do you need to possess or learn to achieve your legacy? (e.g., resilience, compassion, tenacity, love, patience, proactive, etc.)**
- 4. List your top 5 core values (refer to values exercise) below:**

## Drafting Personal Mission Statement:

Review all of the answers you have written above. In the space below, draft your personal mission statement by using the following template or through free-form writing. You may refine your personal mission statement over time. Remember, this mission statement is to support and inspire YOU (not anyone else), and to provide you with overall direction and clarity.

Template: I [your legacy] by being [top 2-3 qualities from questions 3 and 4 you cultivated to achieve your legacy] because [insert answer from question 2].

Here is an example: using the template:

*I, Jane Doe, declare this to be my personal mission statement: I empower those I come in contact with by being courageous, loving, and resilient because I believe personal empowerment is the key to achieving success.*

Here are examples that do not use the template:

*I will live each day as if it were my last, building relationships that last a lifetime, focusing first on my marriage, second on my family and third on my friendships.*

*I live to create, build, nourish and grow. I will live life within the constraints that are acceptable to me. I will never live life under the control of values that are not acceptable to anyone but myself.*

Write your Mission Statement Below: