

Creating a Personal Mission Statement

Finding Purpose · Module 15 of 15

Key Ideas

- Personal Mission Statement
- 1. Multifaceted Benefits
- 2. Identifying Core Values
- 3. Defining Beliefs
- 4. Integrating Recovery
- 5. Crafting the Statement
- 6. Aligning Goals
- 7. Decision Framework
- 8. Review & Refinement
- 9. Living the Mission
- 10. Overcoming Challenges
- 11. Evolving Mission
- 12. Integrated Life
- Conclusion

Worksheet — Personal Mission Statement Worksheet

- Values
- Beliefs
- Recovery
- Crafting
- Aligning
- Living
- Sharing
- Review

Mind Map — Mission Mind Map

KEY IDEAS

Personal Mission Statement

Cornerstone of Purpose

A personal mission statement acts as a compass for your recovery. By defining core values and articulating a guiding philosophy, you establish a powerful framework for decision-making and long-term sobriety.

1. Multifaceted Benefits

Why Create One?

A mission statement provides clarity, enhances decision-making, reinforces identity beyond addiction, offers motivation during challenges, and serves as a tool for accountability.

2. Identifying Core Values

The Foundation

Explore beliefs and prioritize values. Understanding what truly matters to you—honesty, connection, growth—creates the bedrock upon which your mission statement is built.

3. Defining Beliefs

Fundamental Convictions

Articulate your convictions about life, potential, and recovery. Reflecting on spiritual or philosophical beliefs helps clarify your worldview and purpose.

4. Integrating Recovery

Lessons Learned

Incorporate recovery principles like resilience, service, and growth. Acknowledging the ongoing nature of recovery ensures your mission remains grounded in reality.

5. Crafting the Statement

Putting Pen to Paper

Use aspirational language to write a concise, memorable statement. Whether a sentence or a paragraph, it should inspire you and reflect your authentic self.

6. Aligning Goals

Mission in Action

Evaluate goals against your mission. Ensure short-term objectives and long-term plans directly support your guiding principles for a cohesive life direction.

7. Decision Framework

Daily Choices

Consult your mission when making decisions. From daily choices to major life changes, asking 'Does this align with my mission?' provides clarity and prevents drift.

8. Review & Refinement

Living Document

Regularly review your mission. As you grow and recovery evolves, your statement should adapt to reflect new insights, ensuring it remains relevant and impactful.

9. Living the Mission

Integration

Share your mission with trusted supporters. Visibly displaying it and embodying it through actions turns abstract words into a lived reality.

10. Overcoming Challenges

Staying True

Identify triggers that challenge your mission. Develop strategies to reconnect with your purpose during difficult times, using your statement as a tool for course correction.

11. Evolving Mission

Growth Stages

Adapt your mission as recovery progresses. Move from early survival needs to broader life aspirations, balancing the foundation of sobriety with evolving purpose.

12. Integrated Life

Holistic Alignment

Align personal and professional roles. Bring recovery values into your career and family life to create a seamless, integrity-filled existence.

Conclusion

Your North Star

A personal mission statement is more than words—it's a commitment to yourself. It anchors you in your values and guides you toward a fulfilling, purposeful future.

WORKSHEET

Personal Mission Statement Worksheet

Creating Your Compass

VALUES

Core Values

- ☐ Honesty ☐ Compassion ☐ Growth ☐ Freedom ☐ Courage ☐ Creativity ☐ Family ☐ Health
☐ Integrity ☐ Learning ☐ Love ☐ Peace ☐ Respect ☐ Responsibility ☐ Service ☐ Spirituality
☐ Wisdom ☐ Adventure ☐ Balance ☐ Community ☐ Forgiveness ☐ Gratitude ☐ Humor ☐ Joy

Select top 5 values above.

Why are these important to you?

BELIEFS

Beliefs

I believe recovery is...

I believe my purpose is...

I believe my greatest strength is...

I believe my biggest challenge is...

I believe success means...

RECOVERY

Recovery Principles

3 Key Lessons Learned:

Lesson 1

Lesson 2

Lesson 3

How do these inform your life now?

CRAFTING

Crafting

What do I want to be (Character)?

What do I want to do (Contributions)?

Principles to live by?

My Mission Statement Draft

ALIGNING

Aligning Goals

3 Short-term Goals (6 mo):

Goal 1

Goal 2

Goal 3

2 Long-term Goals (5 yr):

Goal 1

Goal 2

LIVING

Living It

Daily reminder strategy

3 Ways to use in decision-making:

Way 1

Way 2

Way 3

SHARING**Sharing**

Who will you share with?

Benefit of sharing?

REVIEW**Review & Reflect**

Review Date

Triggers for update?

How does this contribute to purpose?

Guidance during tough times?

MIND MAP

Mission Mind Map

Mapping Your Purpose

My Mission

Guiding Purpose

Core Values

Top 5 values?

Beliefs

Life philosophy?

Principles

Guiding rules?

Goals

Aligned aims?

Actions

Daily living?

Sharing

Accountability?

Review

When to update?

Impact

Desired legacy?
