

Personal Vision & Mission Worksheet

We move from self-definition to self-actualization. It is time to take out your spiral notebook and collect your thoughts and feelings.

Part 1 - Clarify Your Personal Vision

A personal vision statement briefly declares your future goals, guiding your decisions and actions.

Imagine Your Ideal Life

- What does a fulfilling day look like for you?
- Where are you? Who are you with? What are you doing?
- What emotions and values are present?

Define Your Legacy

- What impact do you want to have on others?
- What do you want to be remembered for?
- What kind of world do you want to help create?

Visual Metaphor

- If your vision were a landscape, what would it look like? (e.g., a flourishing garden, a lighthouse, a winding mountain path)

Part 2 - What's Your Mission?

Your personal mission is how you choose to live and act to bring your vision to life. It will become part of your personal philosophy. It is about who we are and what our purpose is.

Identify Your Core Values

List 5–7 values that guide your decisions. (Examples: authenticity, compassion, curiosity, resilience, simplicity)

Define Your Strengths & Passions

- What are you naturally good at?
- What activities make you feel alive and engaged?
- What kind of problems do you enjoy solving?

Create Your Mission Statement

"I commit to [action or way of being] in order to [impact or contribution], guided by [core values]."

Example:

"I commit to creating spaces for deep reflection and growth to help others live authentically, guided by compassion, curiosity, and simplicity."

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