

# DEAR DIARY

*for ideas that inspire*

## DISCOVER YOURSELF

What are your main values?

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What do you enjoy doing the most? What are you passionate about? What brings you joy?

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What are your top 3 life goals?

1. ....

2. ....

3. ....

## IMAGINE YOUR FUTURE SELF

What do you want people to say about you? How do you want them to describe you on your 50th birthday? Think about different roles that you have in your life. How would you want to be described in different relationships?

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## POSITIVE INFLUENCE

Write down the names of 3 people that inspire you most. Describe their top qualities, beliefs and what you think makes them successful. What can you learn from them and apply to your mindset/actions? This can help you better understand what qualities/aspirations to add in your personal statement.

Mindset, attitude, qualities, beliefs of this person:	
How can you bring these qualities and beliefs in your life?	
Mindset, attitude, qualities, beliefs of this person:	
How can you bring these qualities and beliefs in your life?	
Mindset, attitude, qualities, beliefs of this person:	
How can you bring these qualities and beliefs in your life?	



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## PERSONAL MISSION STATEMENT

Here is where you finalise your personal mission statement and write it down in a way that works the best for you. After this, you can turn it into whatever form you want - frame it, write it on a piece of paper and place it where you can reflect on it daily (or as often as possible).

