

**DISCOVER YOURSELF**

What are your main values?

.....

.....

.....

.....

.....

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

.....

.....

.....

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?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# the inspired stories

## 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?	

## YOUR PERSONAL STATEMENT DRAFT IDEAS & GUIDANCE

Here are a couple of ideas on how you can design your personal mission statement. Based on your answers and reflection in previous worksheets, use this page as a draft and play around to see which layout works better for you.

1. Create it as a paragraph - just write down your overall thoughts and get into as much detail as you wish.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

2. Write separate encouraging statements (for example, *“I make the most of every day”*, *“I look at every challenge as a learning experience”*, *“I am strong and empowered”*, *“I dedicate time for my personal growth daily”* etc).

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## 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).

