**PURPOSE Exercise No. 1: Writing Your Mission Statement**

**Introduction:** In this week’s presentation, we explored finding our life’s purpose(s). As an affirmation of that purpose, we’re going to try and develop our own personal mission statement. This statement is one we encourage you to revisit and reflect on often.

**To Begin:** Facilitators should provide each participant with several pieces of paper and a writing utensil or encourage people to bring their own. Either verbally or by referencing these questions on a chalkboard or other display, facilitators will pose the questions:

1. *Who am I?* (Or, *who do I want to be?*)
2. *What do I want to accomplish?* (Or, *who do I want to help?*)
3. *What do I believe in?* (Or, *what are my values?*)

**Dialog for Writing Your Mission Statement …**

**Step 1:** For the first part of this exercise, I am going to ask you a series of questions. Try to write the first things that come to your mind. Take no more than a moment or two to consider your answers. Just make note of what instinctively comes to you. [Facilitator reads the questions out loud.]

**Step 2:** Take a look at your answers to the questions I just asked. From what you have written, I’d like you to develop the first draft of your personal mission statement. It can be a few short sentences or a one long paragraph. Don’t worry if you don’t get it just the way you want it today. You can always revise this later.

**Conclusion:** After everyone has finished their personal mission statement, invite anyone who would like to share their purpose to do so.

**Note:** Don’t be surprised if someone’s “mission” is not yet defined. For example, if someone happens to have a sick cat that week, the first thing that may come to mind is helping fluffy. That’s okay! Later, they may review these questions and realize that they do have a related calling – helping animals!