



15 Minutes to Your Mission Statement

5 EXERCISES TO HELP YOU DISCOVER
YOUR PERSONAL STRENGTHS
AND DIRECTION

HolleyGerth.com

Introduction

Congratulations! You've made the courageous choice to develop your personal mission statement.

Having a personal mission statement is deeply clarifying. It allows you to focus your energy and make stronger decisions. I spent a lot of time in the past comparing myself to others, which only led to stress and discouragement. You don't have to do the same!

Getting clear on who you are and your purpose can be freeing and energizing. No more running in a dozen directions or trying to do what others are doing. It's time to embrace exactly who you are and become all you're created to be.

These five simple exercises are designed to help you think about your personal mission and the ways you can benefit others. Don't overthink your responses or try to find the "perfect" answers (there's no such thing). Go with your gut and what comes to you first.

I look forward to hearing where this journey takes you.

Cheering You On,

Holley

Your Strengths

A strength is part of who we are, an element of our character. Strengths point us toward who we're created to be.

How would those who know you best and love you most describe you?

Choose three to ten strengths that apply to you. Then select one as your top strength.

Find Your Strengths: 5 Minutes

Adventurous	Driven	Imaginative	Resourceful
Analytical	Easygoing	Independent	Responsible
Athletic	Efficient	Insightful	Self-Aware
Attentive	Empathetic	Innovative	Sensitive
Brave	Encouraging	Intelligent	Servant-Hearted
Calm	Energetic	Intentional	Smart
Capable	Fair	Kind	Spiritual
Caring	Flexible	Loving	Spontaneous
Cheerful	Focused	Loyal	Steady
Compassionate	Forgiving	Mature	Supportive
Considerate	Friendly	Observant	Talented
Content	Funny	Organized	Thoughtful
Courageous	Gentle	Peaceful	Trustworthy
Creative	Gracious	Positive	Understanding
Dedicated	Hardworking	Protective	Warm
Deep	Helpful	Realistic	Wise
Determined	Honest	Reflective	Add your own:
Devoted	Hospitable	Reliable	
Discerning	Humble	Resilient	

Circle three strengths that apply to you.

Your Skills

Strengths are about who we are; skills are about what we do. Our strengths only become powerful when we put them into action through our skills.

Think of moments when you've felt fully engaged, at your best, or helpful to others. What were you doing?

Choose three to ten skills that apply to you. Then select one as your top skill.

Find Your Skills: 5 Minutes

Acting	Coordinating	Listening	Risk-Taking
Adapting	Counseling	Maintaining	Serving
Administering	Creating	Managing	Sharing
Advising	Decorating	Maximizing	Speaking
Affirming	Empathizing	Motivating	Strategizing
Analyzing	Encouraging	Negotiating	Supporting
Appreciating	Evaluating	Nurturing	Teaching
Assembling	Expressing	Organizing	Training
Believing	Focusing	Persevering	Writing
Building	Growing	Persuading	Add your own:
Challenging	Guiding	Planning	
Cleaning	Helping	Prioritizing	
Collaborating	Imagining	Problem-Solving	
Cooking	Influencing	Protecting	
Communicating	Initiating	Relating	
Connecting	Leading	Responding	
Constructing	Learning	Restoring	

Circle three skills that apply to you.

Who Are You Helping?

Our strengths and skills aren't just for our own benefit, they're intended to help others. Who you help might be general (family) or specific (children with special needs under the age of five).

While our strengths and skills tend to be stable, who you help will change many times throughout your life.

Who are you most passionate about helping in this season of your life?

Note: While this exercise is helpful for reflection, when you create your mission statement, it's okay to summarize your answer and simply say "others" or "people."

Your Vision

Vision can sound intimidating or like it's only for a certain group of people who call themselves "visionaries" or "innovative thinkers." But vision is simply what you want to see happen. We all hope when we take action that it will lead to a particular result. When we live our purpose, the same is true.

These are examples of visions:

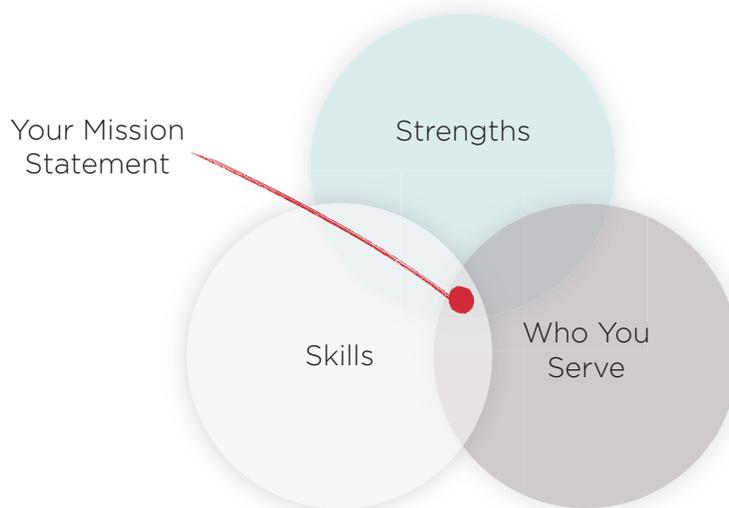
*The world will become a better place.
My family will know they're loved.
The work I do will leave a legacy.
God's love will show through my life.*

When you get to the vision part of your mission statement, keep this in mind so you can fill it in with what matters most to you.

Putting it all together: Your Mission Statement

When who we're created to be, what we do well, and ways we can help come together, we're in the center of our personal mission.

To create a rough draft of your Mission Statement, use the template below.



I'm a _____ (top strength) person who helps _____
by _____ (top skill) so _____ (vision).

Three examples:

I'm a creative person who helps others by writing so they realize their God-given potential.

I'm a compassionate person who helps my family and friends by serving so they feel loved.

I'm a courageous person who helps my team by problem-solving so we create a better future for ourselves and others.

The goal here isn't perfection; it's greater clarity. Once you have a rough draft mission statement, you can update it later as you think of more to add, edit it to be a better fit, or share it with others who know you well to get feedback. This is a starting place—make your statement what you want it to be.

Some people like to have one mission statement, others prefer to do a separate statement for each area of their lives (work, home, etc.). Now that you know the process, you can use this tool as often as you want and however you'd like. Feel free to share it with others too.

You did it!

You've taken time to be intentional about your life, and that's a huge success. Well done!

How do you apply your mission statement? Put it somewhere you can see it at the start of your day. Then ask yourself, "What's one way I can live this out today?" Over time this small, simple habit has the power to significantly shift your life in the direction you want to go.

I hope these exercises have helped you craft a personal mission statement that empowers you to take your next steps toward the life you really want. I recommend revisiting your statement at least once a year or any time you go through a significant transition in your life.

If you're interested in discovering more about your personal gifting and how you can become all you're created to be, check out my books *You're Already Amazing* and *The Powerful Purpose of Introverts*, which inspired these exercises. I also offer [life coaching](#). I hope this process has—and will continue to—give you more clarity, courage, and confidence.

Cheering You On,

Holley

p.s. I would love to hear your mission statement! You can send it to me at holley@holleygerth.com.

More Resources for You

