

Short & Snappy

Personal Mission Statement

Objective

To help participants understand how to identify and define their values, and how those values influence their interactions with others, specifically their Girl Scout relationships.

Length

20 minutes

Materials Needed

Worksheet and pen/pencil for each participant.

Information to Share (spend 5 minutes on this section)

What is your Personal Mission Statement? Identifying and defining your values in the form of a mission statement can be incredibly useful for developing self-awareness, understanding your leadership style, and therefore successfully navigating relationships (in Girl Scouts, with your family, at work, and in every aspect of life). Self-awareness is having a solid understanding about who you are and how you relate to the world. It is essential for healthy relationships because being self-aware means that you understand how your actions affect other people.

Personal Mission
Statement

Self-Awareness

Improved Relationships

Effective Leadership

What factors influence our values?

- **Upbringing:** Our ideas of what is “good” and “bad” and how we are to behave towards others has its roots in nurture.
- **Media:** We are flooded with messages and images that tell us **who** to be and **how** to be.
- **Friends:** We tend to choose to be friends with those we think we should be like. We also look to our friends for approval.
- **Society:** We have a sense of what is acceptable in society, such as living by the “golden rule.”

What are the benefits of being self-aware?

- You experience longer periods of personal serenity and peace.
- You are more empathetic towards others.
- Your communication is more effective and meaningful.
- You experience more satisfying relationships.
- You experience more overall social harmony.

How do you know if you lack self-awareness?

- You feel everyone else is always to blame.
- When you start thinking, “What’s wrong with them?”
- Inability to give and receive apologies.
- You don’t allow yourself to reflect on your own actions and behaviors.



Activity – Create a Personal Mission Statement (spend 10 minutes on this section)

Description: This activity forces you to isolate which values are most important to you. Once you have identified your values, you can define what they mean to you and how you feel you achieve success in terms of those values.

Actions:

1. Pass out worksheet (everyone needs their own). This worksheet has two sides (make sure you copy BOTH sides).
2. Tell everyone to look at Side 1 – Identifying your values.
3. Tell everyone to put a tic/check mark next to the ten items that are most important to them.
4. After they complete this, tell everyone to put a star by the most important 5 items out of the 10 that they checked.
5. After they complete the stars, tell everyone to circle the most important 3 items out of the 5 that they starred.
6. Now they are ready to turn the worksheet over, and fill in Side 2.
7. Invite individuals who would like to share their mission statements to read theirs aloud.

Reflection Discussion (spend 5 minutes on this section)

How can we use this information to help improve relationships and be effective leaders?

- Focusing on the very core of only a few of our most important values allows us to make realistic goals and measure our success.
- Think about how healthy relationships fit in to your Personal Mission Statement. Then make a conscious effort to adjust your behavior accordingly.
- Sometimes leadership can be ineffective simply because we are serving in the wrong position. Understanding how we see success can help us to determine in which position and capacity we will be able to best serve others and maintain healthy relationships.

Other tips for healthy relationships and effective leadership:

- Listen, even if it is something negative about your actions.
- Get in the habit of self-reflection (compare your actions with your Personal Mission Statement and reassess your Personal Mission Statement).
- Practice effective communication skills.
- Practice honesty and transparency.
- Be open to new things; do not fight change.
- Learn to read yourself – What do I feel right now? What do I need right now?

For more information, contact training@gsutah.org.

Personal Mission Statement – Worksheet Side 1

The list below reflects some common values. Put a tic/check mark next to the 10 that are most important to you as a person (they should apply to you both at work and at home).

Achieving fame and recognition	Being challenged by pressures and deadlines	Contributing to society	Enjoying what you do	Expressing creativity	Feeling of belonging and community	Financial security
Being productive	Sense of accomplishment	Ability to persuade and influence others	Adventure and excitement	Being organized and dependable	Building meaningful relationships with others	Competition with others
Environmental rights	Feeling of inner harmony	Having a feeling of security	Helping those in need	Moving at a fast pace	Reliability	Serving the public
Behaving ethically	Being skilled and capable	Demonstrating expertise	Efficient and effective	Freedom to set your own pace and goals	Having privacy	Working as part of a team
Truth and integrity	Financial wealth	Cooperation with others	Ability to make decisions and implement them	Leading others to success	Establishing a reputation	Doing something meaningful
Achieving excellence	Building a family	Feeling independent	Feeling of patriotism	Free speech/human rights	Having power and control	Religion and/or spirituality
Moving at a slow pace	Self-development	Spontaneity	Working individually	Diversity in daily tasks	Feeling excited and stimulated by life	



Personal Mission Statement - Worksheet Side 2

Describe what SUCCESS for each of those values looks like to you:

Value 1: _____

Success in that value:

Value 2: _____

Success in that value:

Value 3: _____

Success in that value:

Finally, bring the three statements together into one paragraph (your Personal Mission Statement). You may feel that you need to go back and re-evaluate your values, or you may want to re-work some sentences to create what is meaningful to you. This should be a reflection of your innermost thoughts and a roadmap for how you would like to conduct your life.

Personal Mission Statement: _____

Personal Mission Statement – EXAMPLE

Describe what SUCCESS for each of those values looks like to you:

Value 1: Achieving Excellence

Success in that value:

Do the best I can, work the hardest I can, accomplish all that I set out to accomplish.

Value 2: Truth and Integrity

Success in that value:

Always stay true to myself, my ethical and religious beliefs, and always do what is right, even if it is harder or not as good for my own OR others' success.

Value 3: Building a family

Success in that value:

Be surrounded by the people I love, who love me, in order to provide and receive mutual support and companionship.

Finally, bring the three statements together into one paragraph (your Personal Mission Statement). You may feel that you need to go back and re-evaluate your values, or you may want to re-work some sentences to create what is meaningful to you. This should be a reflection of your innermost thoughts and a roadmap for how you would like to conduct your life.

Personal Mission Statement:

While never straying from my ethical and religious beliefs, I want to achieve excellence in all that I do, and to provide and receive love and support for my family.