



## Creating a personal mission statement

This method is adopted from Dr John Demartini's Breakthrough Experience. He calls it writing your love list.

Demartini suggests that you write down what you would love to be, do and have in all seven areas of your life. Any detail you leave out is a detail that others may determine for you.

Write out a general list and then repeat the exercise for each of:

Spiritual, Mental, Vocational, Financial, Familial/Home, Social and Physical.

When you have refined what you would like to be, then turn it into a purpose statement by adding your commitment to achieve it.

The clearer your life mission, the more you will live and fulfil it. The more your secondary objectives for each of the seven areas of life align with your primary purpose, the more fulfilling your life will become.

If your written purpose is truly an expression of your highest values you will automatically feel dedicated, committed and determined to fulfil this important life mission.

Demartini gave his own general statement as an example. Here is mine: -

**I Richard Charles Winfield hereby declare before myself, others and God that my primary purpose in life is to become whole, to make sense of the world and to be a resource to others.**

**Be:** A seeker after the truth in at least the fields of management and director development, making sense of the world and interpreting it for others.

**Do:** Bring joy into the world and help people grow; discover, integrate and disseminate ideas and processes that help individuals and teams in organisations achieve their potential in a congruent and ethical manner; prepared to challenge and confront received wisdom, established ideas and opinions; leveraging my value; travelling to places and cultures, both to learn and to spread appropriate knowledge and wisdom; congruent with my emotions and relationships; able to heal myself easily and naturally, aligned and balanced, healthy and fit.

**Have:** Be well rewarded for my contribution and live a privileged and highly cultured life for the sake of the fulfilment of this life long quest.

Now prepare your own list. Start with the known and move to the unknown. Think outrageously and then gradually refine until you have defined exactly what you truly want.

When you have completed the exercise, decide on the top priority, most meaningful goal, objective or project in each of the seven areas of your life that you would love to have completed or accomplished by exactly one year from today. These seven can be 'beings', 'doings' or 'havings'.

Review your list daily or weekly so that you maintain a strong focus on what really matters to you and ensure that you and they are fully congruent.



## **Creating a personal mission statement**

### **Spiritual**

**Be:**

**Do:**

**Have:**

### **Mental**

**Be:**

**Do:**

**Have:**

### **Vocational**

**Be:**

**Do:**

**Have:**



## **Financial**

**Be:**

**Do:**

**Have:**

## **Familial/Home**

**Be:**

**Do:**

**Have:**

## **Social**

**Be:**

**Do:**

**Have:**



## **Physical**

**Be:**

**Do:**

**Have:**

## **Top priorities to achieve within the next 12 months**

**Spiritually:**

**Mentally:**

**Vocationally:**

**Financially:**

**Socially:**

**Physically:**

Remember to review your mission statement and goals list daily or weekly so that you maintain a strong focus on what really matters to you.