

# My Value Questionnaire

What makes you happy? (goals, passions, purpose, values)

What activities make you lose track of time? (passions, purpose, values)

What makes you feel great about yourself? (passions, values)

Who inspires you the most? What is it about this person that inspires you?

What are your nature skills and abilities? (purpose, goals)

What are some goals you have for your life? (goals, passions, purpose, values)

If you had to teach something, what would you teach? (passions, values, skills)

Write about some of the things you value most in life. (passions, goals, values)

Write about a time when you felt like you were on top of the world. (passions, goals)

What are some of your hobbies? (passions, goals)

What would you do if you knew you could not fail? (passions, goals)

# Build your Mission Statement

## Mission Statement Templates:

"To ... [what you want to achieve, do or become] ... so that ... [reasons why it is important]. I will do this by ... [specific behaviors or actions you can use to get there]."

"I value (choose 1-3 values important to you) because ...[reasons why these values are important to you]. Accordingly, I will ...[what you can do to live by these values]."

"To develop and cultivate the qualities of ...(2-3 values or character traits) ... that I admire in ...[an influential person in your life]... so that ...[why you want to develop these qualities]."

"To live each day with ...[choose one to three values or principles]... so that ...[what living by these values will give you]. I will do this by ...[specific behaviors you will use to live by these values]."

**My name is :** \_\_\_\_\_

**My personal mission statement:**

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