

## Intentionality

**Supplies:** Pen, Paper or Journal, Internet (optional)

What kind of person are you, and who do you want to become? What is your spiritual focus? What kind of spiritual growth or transformation do you want to see over the next year, or two, or five? In other words, what is your mission in life?

If you have no idea how to begin answering such questions, perhaps it's time to think about writing a personal mission statement. Having a mission statement helps keep us focused and gives us direction for the everyday decisions we're called upon to make. It helps us make intentional choices, rather than being swept along by circumstances.

With a quick Internet search you can find dozens of examples of personal mission statements, but there is no set "formula." A mission statement is, and should be, as unique as each individual. It's a way to put into writing a description of what's most important to you and how you intend to live out your values. Most mission statements are fairly brief—a few sentences or paragraphs. Try to make yours positive (how you want to live, or the kind of person you want to become) rather than negative (what you don't want).

Writing a mission statement gives you the opportunity to dig deep and get in touch with the real you, to explore dreams for the future, evaluate where you've been, and assess gifts and skills and talents.

It may take some time and thought for you to write this mission statement. You might have to let the ideas simmer in your mind for a while before they begin to come together. But over the next few days or weeks, think about and journal about some of the following questions to get yourself started:

- What values are most important to me?
- What brings me a sense of drawing closer to God?
- What are the top three character traits that I most want to have?
- What positive behaviors do I want to develop?
- What do I want to eliminate from my life?
- What do I treasure more than anything else?
- If I lost everything, what would I miss most?
- What does this tell me about my priorities?
- How can my actions and behaviors support those priorities?
- What do I believe about the character of God?
- What do I believe about my place in the universe?
- What do I want others to see in me?
- What spiritual or religious values are important in my life?
- How does God play a part in the changes I would like to see in my life?
- If today were my last day on earth, what would I want to do with it? Who would I spend it with?

See if you can identify several core values and beliefs essential to the life you want to live and the person you want to be. Write your mission statement based on those core beliefs and values.

