

## Dear Future Me

### Developing your Mission Statement

#### Step 1: Finding Your Core Values

Your values define you as a person. They are your "soul" and guide (often subconsciously) your actions and reactions, beliefs, outlook on life - to name a few. We all have many values which are important to us at different times in our life. But what if someone pressed you to define your inner-circle of core values - those that are absolutely fundamental in **your** life. What would you do?

**This exercise is about finding your 6 core values.** There is no magic in the number "6" by the way and if you come up with five or seven then that is just fine. Your goal though is to go deep and identify those key values which will form the basis of your mission statement.

Use [this simple tool](#) to help you. On the next pages you will find a long list of values - starting off with one-word types, progressing on to short value statements. If your value isn't here, there are blank rows at the end - lots of them.

There are columns provided for you to "tick" whether the value is:

- a) not really important to you - on the periphery;
- b) sort of important - now and again;
- c) strong - yes this resonates with you; or
- d) Your top six (or five or seven).

Some tips:

- ✓ Be instinctive - don't overthink this. You will know quickly whether something is a value or not to you.
- ✓ If you feel uplifted, excited or just natural - its probably a value.
- ✓ If you need it to get somewhere else, or need it to be happy, or if there is urgency attached - its probably not a value
- ✓ This is about you - not what others think of you. Be truthful and be real.

When you have completed this exercise, move on to Step 2 to answer some blood pumping questions that may **inspire** and **dare** you . . .

 **Its Going to be Great**

# Its Going to be Great

Values	Top 6	Strong	Sort of	Not really
Fun				
Joy				
Fame				
Hope				
Love				
Risk				
Faith				
Humor				
Peace				
Power				
Pride				
Trust				
Truth				
Unity				
Career				
Caring				
Family				
Health				
Status				
Thrift				
Wealth				
Wisdom				
Balance				
Courage				
Dignity				

# Its Going to be Great

Values	Top 6	Strong	Sort of	Not really
Honesty				
Justice				
Loyalty				
Modesty				
Passion				
Results				
Service				
Success				
Educate				
Equality				
Fairness				
Kindness				
Optimism				
Pleasure				
Religion				
Security				
Teamwork				
Authority				
Education				
Enlighten				
Happiness				
Influence				
Instruct				
Integrity				
Tolerance				



# Its Going to be Great

Values	Top 6	Strong	Sort of	Not really
Tradition				
Acceptance				
Appearance				
Compassion				
Conforming				
Creativity				
Enthusiasm				
Excellence				
Friendship				
Generosity				
Innovation				
Achievement				
Being loyal				
Competition				
Forgiveness				
Authenticity				
Decisiveness				
Perseverance				
Spirituality				
Assertiveness				
Being wealthy				
Participation				
Perfectionism				
Relationships				
Responsibility				

# Its Going to be Great

<b>Values</b>	<b>Top 6</b>	<b>Strong</b>	<b>Sort of</b>	<b>Not really</b>
Helping others				
No expectations				
Open-mindedness				
Resourcefulness				
Working in a team				
Respect for others				
Social recognition				
Play now; work later				
Having self discipline				
Being honest with others				
Being physically healthy				
Completing my education				
Working hard for success				
Being respected by others				
Being there for my family				
Success: Achieving goals.				
Altruism (care for others)				
Being emotionally healthy				
Making education a priority				
Being in a career that I enjoy				
Being open-minded to new things				
Continuing to learn new things				
Having fun and enjoying my life				
Being proud of your achievements				
Having a close group of friends				



# Its Going to be Great

Values	Top 6	Strong	Sort of	Not really
Honesty: Genuineness, sincerity.				
Ambition: Hard work, aspirations.				
Being generous with what you have				
Being open minded and independent				
Honesty is always the best policy				
Traveling and exploring the world				
Being seen as attractive by others				
Listen from the other's perspective				
Creativity: Uniqueness, imagination.				
Equality: Equal opportunity for all.				
Replace judgment with understanding.				
Responsibility: Dependable, reliable.				
Choose own goals: Select own purposes.				
Following the traditions of my culture				
Having significant power in the world				
Freedom: Freedom of action and thought.				
Loyalty: Faithful to my friends, group.				
Maintaining a healthy work/life balance				
Unity with nature: Fitting into nature.				
Wisdom: A mature understanding of life.				
Being able to support myself financially				
An exciting life: Stimulating experiences.				
A world at peace: Free of war and conflict.				
Daringness: Adventure-seeking, risk taking.				
Helpful: Working for the welfare of others.				



# Its Going to be Great

Values	Top 6	Strong	Sort of	Not really
Participating in teamwork whenever possible				
Belief in God and/or a religious institution				
Forgivingness: Willingness to pardon others.				
Living according to my religious beliefs				
Volunteering time and skills in the community				
Having and raising healthy and happy children				
Independence: Self-reliance, self-sufficiency.				
Making a positive contribution to my community				
Protecting the environment: Preserving nature.				
Curiosity: Interest in everything, exploration.				
Do unto others, as I would have them do unto me.				
Influence: Have an impact on people and events.				
A belief that family is of fundamental importance				
A world of beauty: Beauty of nature and the arts.				
Capability: Competence, effectiveness, efficiency.				
Being respectful and courteous in your interactions				
Being creative/innovative - thinking outside the box				
Broadminded: Tolerant of different ideas and beliefs.				
Following the law and respecting those who enforce it				





