

# Your Mission

## Workbook

A guided workbook for reflection,  
awareness, and intentional growth.

SELF-GROWTH JOURNEY

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# Your Mission

A mission is not simply a goal or a list of achievements you want to accomplish. It is often a reflection of what you want your life, energy, work, and actions to move toward over time.

While purpose tends to explore meaning more broadly, mission begins to shape that meaning into direction. It asks: *What do you want to contribute? What do you want to build, create, support, or stand for? What kind of impact feels important to you?*

At times, your mission may feel clear and motivating. At other times, it may still feel uncertain, evolving, or difficult to fully define. That's completely natural.

This workbook is an invitation to gently explore the direction you want your actions and efforts to move toward.

Not what others expect you to pursue.

Not a perfect statement you must immediately live out flawlessly.

But the things that feel most aligned with your values, strengths, experiences, and the kind of life you want to create.

As you move through these pages, you may begin to notice patterns in what drives you, what feels meaningful to contribute, and what kind of impact feels important to you over time.

Some reflections may feel energizing and clarifying. Others may bring uncertainty or new questions. That's completely okay.

Sometimes direction becomes clearer gradually through reflection, experience, and honest attention to what feels most meaningful.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about creating a perfect mission statement.

**It's about becoming more aware of the direction you want your life and actions to move toward.**



## Exploring Your Mission

This section is an opportunity to reflect on how you want to show up in your life and the kind of impact you want to have over time.

A mission is not only about achievement or success.

Often, it reflects the values, intentions, priorities, and principles that shape how you want to live, contribute, grow, and relate to others.

On the following pages, you'll explore the ideas and themes that seem most important in the direction you want your life to move.

Some parts may already feel clear and established. Others may still be developing through reflection and experience.

The purpose of this section is not to create a final or perfect statement.

It is to begin forming a clearer understanding of the direction, contribution, and meaning you want your life to carry over time.

Meaningful direction often develops gradually through repeated choices, values, and actions.



## Mission Statement – Draft Brainstorm Notes

Reflect on what seems most important to you across different areas of your life. Use this space to gather ideas, phrases, values, intentions, or directions that stand out clearly as you think about how you want to live, contribute, grow, and relate to others.

Area	Draft Notes
Physical Wellness	
Emotional Health	
Love & Relationship	
Family & Friends	
Skills & Knowledge	
Business & Career	
Finances & Wealth	
Contribution & Environment	
Fun & Entertainment	
Faith & Religion	



## Mission Statement – Draft

Use the ideas and themes from the previous pages to begin shaping a mission statement in your own words.

Focus less on creating something polished, and more on expressing the direction, values, and intentions that matter most to you right now.

This statement does not need to capture everything perfectly.

It is simply a starting point—a clearer expression of how you want to live, contribute, grow, and move through life.

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# Continue Your Journey

Thank you for taking the time to reflect on the direction, contribution, and impact you want your life to move toward over time.

A mission is not something that must remain fixed forever.

It often continues to evolve as you grow, gain experience, deepen your understanding of yourself, and move through different seasons of life.

Some of what you explored in these pages may already feel deeply aligned and motivating. Other parts may still feel unfinished, uncertain, or slowly taking shape.

Small moments of reflection and awareness can begin to shape the way you make decisions, focus your energy, and move toward what feels most meaningful to you over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.  
Leave what doesn't.  
Return whenever you need to.

## Explore the Full Blueprint:

[sgjourney.life/blueprint](https://sgjourney.life/blueprint)

*Additional printable tools, planning pages, and guided growth resources are available online.*

selfgrowthjourney.life