



---

# Self-Growth Journey

Heart

Body

Life

Mind

---

**Creating the Amazing Life That You Deserve**

---

This worksheet is a part of the  
**Self-Growth Journey™ Program.**

To read more about the program or to  
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



## Instructions

1. Begin by filling out a handful of ideas on the Mission Statement draft notes page.
2. Pick the most critical ones and expand them into a paragraph by going more in-depth in the Mission Statement draft.
3. Select the most engaging (or all) parts of the draft and string them together into a page.
4. Come back at later times and refine that mission statement until it resonates with you and sounds motivating and engaging.

***Note:** You don't have to fill all draft notes. Keep it to what is critical for you. Remember that when you create your mission, you keep an eye on the outside. What does the world need? What is my contribution? What is my legacy?*



# Mission Statement – Brainstorm Draft Notes

Area	Draft Notes
<b>Physical Wellness</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Emotional Health</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Love &amp; Relationship</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Family &amp; Friends</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Skills &amp; Knowledge</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Business &amp; Career</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Finances &amp; Wealth</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Contribution &amp; Environment</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Fun &amp; Entertainment</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>Faith &amp; Religion</b>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>



# Mission Statement – Draft

- .....  
.....  
.....  
.....
- .....  
.....  
.....  
.....
- .....  
.....  
.....  
.....
- .....  
.....  
.....  
.....
- .....  
.....  
.....  
.....
- .....  
.....  
.....  
.....



# Mission Statement

*My mission in life is:*

A large grid of small grey dots for writing a mission statement.