

A person is shown from the chest up, holding a large, glowing heart. The heart is bright yellow and orange, with a soft glow. The person's arms are raised, and their hands are positioned to hold the heart. The background is a sunset or sunrise sky, with warm orange and yellow tones. The overall mood is inspirational and hopeful.

Unit 2: Formulating a **Personal Mission** **Statement for Life**

Personal Mission Statement

- Mission statement: something that states a purpose, aim or goal.
- Views: opinions, ways of thinking about something.
- Values: beliefs about what is important, acceptable or valuable.
- Belief system: a faith with a series of beliefs, but not a formal religion.

Personal Mission Statement

- ❑ A mission statement usually sets out the purpose and aim of a business, company or organisation.
- ❑ It says what the business does, what its vision is and what its values are.



The following aspects should be considered when formulating a mission statement:

1. Personal views

Personal views are your opinions and what you consider to be important. Your personal views may be influenced by your goals for the future, your religion, culture and values.

2. Values

Values are personal beliefs that guide the way you live your life. They are your standards of acceptable and unacceptable behaviour. They are aspects that are important or valuable to you and have meaning for you. Some of the things which shape your values are your life experiences, the environment in which you live, your school, your interests and the important people in your life. Your values help you decide on your goals.

Honesty, responsibility, accuracy, loyalty, truthfulness, self-sacrifice, integrity, generosity, patriotism, truth.

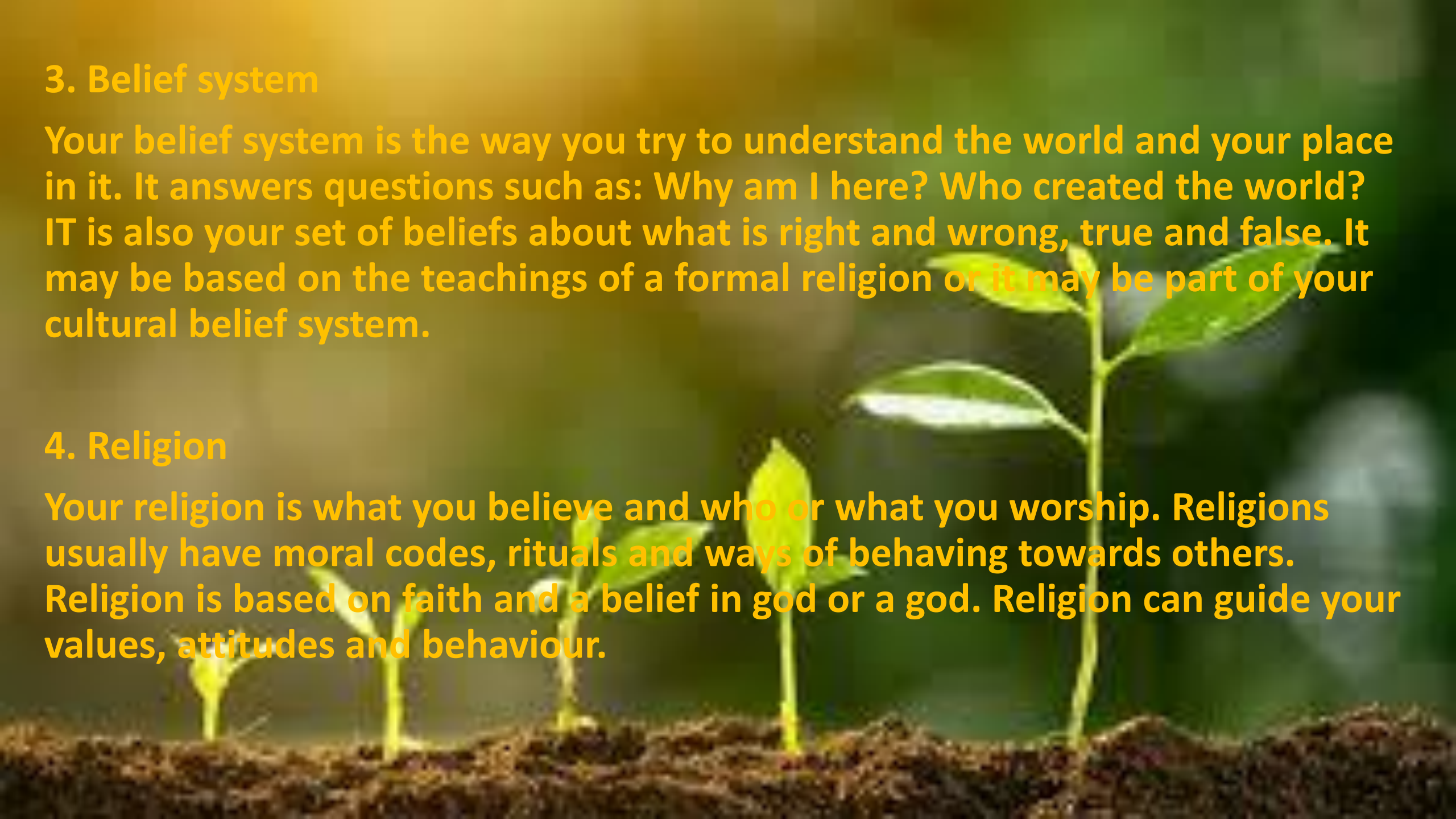


3. Belief system

Your belief system is the way you try to understand the world and your place in it. It answers questions such as: Why am I here? Who created the world? IT is also your set of beliefs about what is right and wrong, true and false. It may be based on the teachings of a formal religion or it may be part of your cultural belief system.

4. Religion

Your religion is what you believe and who or what you worship. Religions usually have moral codes, rituals and ways of behaving towards others. Religion is based on faith and a belief in god or a god. Religion can guide your values, attitudes and behaviour.



5. Ideologies

Ideologies are an organised set of beliefs, values and ideas. They are the way you believe you should live in the world and the way society should operate.

Political ideologies

- Democracy
- Communism
- Nationalism

Economic ideologies

- capitalism
- socialism
- Marxism



Complete Activity 5 on page 166

6. Lifestyle (physical and emotional well-being)

Your lifestyle is how you live your life on a daily basis – exercise regularly; eat healthy food; practise safe sex; spend time with friends; relaxing in nature; taking part in community activities.

7. Environmental Responsibility

It is important to treat nature with respect.



8. Goals for studies and career choices

Your goals for your studies and career choices are your plans for the future, the steps you need to take to achieve your later goals in life.



Complete Activity 6 on page 167

Formulate a personal mission statement for your life

Tips on creating your own mission statement:

- ✓ **Be brief and clear.**
- ✓ **Show what you want to focus on and the kind of person you want to be.**
- ✓ **Say what you want to do and be, not what you don't want; be positive.**
- ✓ **Find a quote from someone you admire because of who they are and/or what they have achieved.**