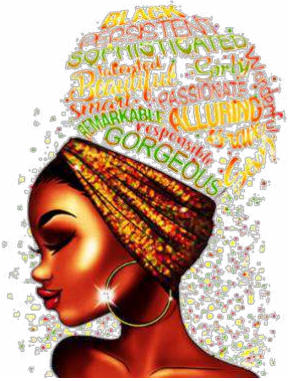


"It's not the WHAT...it's the WHY"

RESOURCES



Definitions

Passion

Dictionary meaning - a strong liking or desire for or devotion to some activity object or concept.

Biblical meaning - to suffer, bear, endure.

Purpose

Dictionary meaning - the reason for why something is done or created or for which something exists.

Biblical Meaning - we all exist for a higher purpose than our very own. It is what some called destined. There is not a choice in the matter, but it is why we are here.

Purpose Statement

Your purpose statement is a reflection of who you are and what you bring to the world – beginning today. Focus your intention on what you envision for your life. Describe the personal mark you want to make on this planet. State it in present tense ("I am," "I do;" not "I will.")

A personal purpose statement defines what you want to accomplish in life. It gives you direction to accomplish what's important to you... as it reflects what you stand for, your goals and core values. It's also commonly referred to as a personal mission statement and is usually only one to two sentences long.

How to write a Personal Mission Statement (from Indeed.com)

Here are the steps you need to follow to write a personal mission statement.

1. Write down what's most important to you
Start by Considering who you are and who you want to be. Write down what's most important to you and what you're most passionate about. Consider what or who you most value and how your life is connected to those people or things.
2. Articulate your most important goals

Next, take some time to reflect and write down your biggest personal and professional goals. Ask yourself what the “best” version of your life looks like, including your relationships, achievements and career. Here are some questions you can ask yourself to get started :

- a. What qualities would you like others to attribute to you?
 - b. Where would you like to be in your career? (ex. Do you have a specific job title? Have you reached a certain level?)
 - c. What would you like to achieve professionally?
 - d. What would you like to achieve personally or in your community.
3. Talk your peers
Talk to your peers and mentors and ask what they consider to be your greatest strengths. Think about what makes you exceptional compared to others who have similar skill sets. Consider how you want people to describe you. Write down a few words that you want to come to someone’s mind when they think of you.
4. Identify the legacy you want to leave
Consider the mark you want to leave on the world and how your skill set can allow you to do that. Some questions you might ask yourself to get started include:
 - a. How specifically, would you like the world to be different when you leave it?
 - b. What do you hope to create, change, or maintain that will be lasting?
 - c. Who do you want to support with your unique skills and abilities and how?
 - d. Which skill set or knowledge base will help you achieve what you want to?
 - e. What do you consider to be your purpose?
 - f. What unique qualities, abilities, talents and traits do you have to offer?
 - g. What mission or vision makes you feel motivated?

Tips for writing a personal mission statement

Here are a few extra tips to help you write a powerful personal mission statement

1. **Keep it short.** Your personal mission statement should only be one to two sentences long. The purpose is to focus only on what matters the most. To help identify that one thing, try writing down five words that describe you and your purpose. Using that list of five words, try writing down two words that describe you and your purpose. Then think of one word and write that down. Use these words as inspiration to help keep your personal mission statement short.
2. **Be true to yourself.** Your mission statement should reflect your greatest passion and what you believe your long-term purpose is. Know that it’s okay to make changes to your mission statement as you grow and continue learning.
3. **Get feedback.** Share your personal mission statement with the most important people in your life. They can provide you with important insights that can help you improve upon the statement.

Personal Mission Statement Template

1. To [what you want to do] by [how you'll do it] so that [what impact you hope to make]. ...
2. I value [one or multiple things you value] because [why it matters to you]. ...
3. To use my [skills or expertise] to inspire/lead [group of people] so that [ultimate goal].

Examples

- "To be a leader to my team, live a balanced life and make a difference."
- "To inspire others to achieve great things."
- "To thrive in my journey through life and learn life's lessons along the way."
- "To be kind to others and myself."

How do you know if you have found your purpose?

1. YOU FEEL IT. And I mean literally, physically feel it. ...
2. YOUR PAST CLICKS INTO PLACE. ...
3. YOU FEEL INSPIRED. ...
4. YOU'VE STOPPED WONDERING WHAT YOUR PURPOSE IS. ...
5. YOU KNOW YOU'VE FOUND IT. ...
6. YOU FEEL CONNECTED AND IN TUNE. ...
7. MONEY ISN'T YOUR FIRST CONSIDERATION. ...
8. OPPORTUNITIES AND 'COINCIDENCES' HAPPEN.

Resource Books on Purpose

- One Day My Soul Just Opened Up by Iyanla Vanzant
- Life Visioning by Michael Bernard Beckwith
- The Black Girl's Guide To Self-Care: A 30-Day Self-Care Workbook by Kristin D. Hemingway
- She's Still There: Rescuing the Girl In You by Chrystal Evans Hurst
- Purposeful Perspectives: Empowering Black Women Towards Spiritual Alignment, Self-Mastery & Joy by [Nichomi Higgins](#)
- Your Purpose Is Calling: Your Difference Is Your Destiny Hardcover by [Dharius Daniels](#)
- The Power of Purpose: How You Can Have It All by [Debbie Carter-Dye](#)
- Did you Find your purpose by [Nichole Richardson](#)
- Believe Bigger: Discover the Path to Your Life Purpose by [Marshawn Evans Daniels](#)
- Woman Evolve: Break Up with Your Fears and Revolutionize Your Life by [Sarah Jakes Roberts](#)