



think time

# *My Mission Statement*

WORKSHEETS

*toward developing a  
personal mission statement and  
identifying core values*

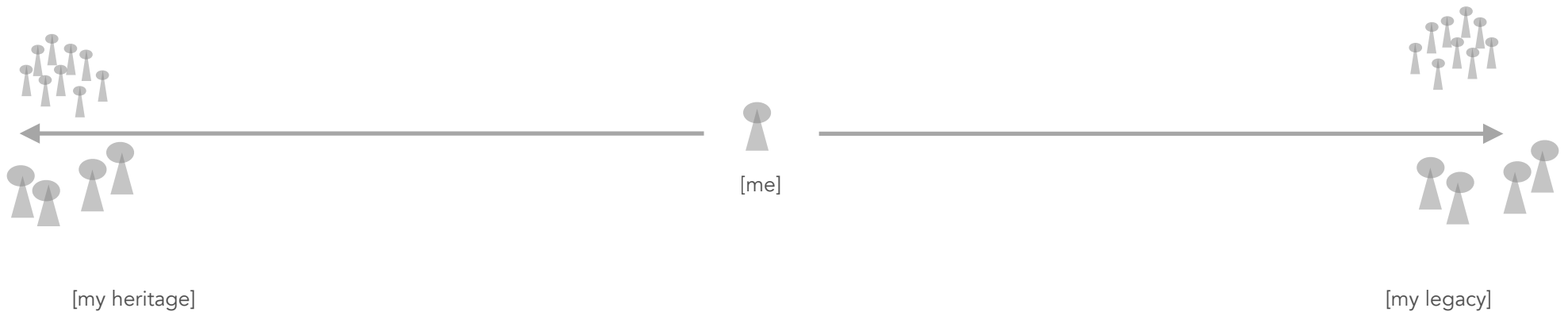
# My Heritage & My Legacy

*reflect...*

Use the Timeline Tool to reflect on your heritage. Who has impacted who you are? What have you received from others? Draw or write the positive above the line and draw or write the negative below the line.

*dream...*

Next, imagine the legacy that you would like to leave for others. Who would you like to be impacted by you? To whom do you want to give? What is your Legacy?



What are some specific action steps to bring these dreams to reality?


# *Your Funeral*

or

# *Your Funeral*

Imagine today is the last day of your life. Draw your funeral in the box below. Who will be there? What will be said? What conversations are happening before and after the funeral in the homes of those you have impacted. What things have you accomplished? Do you feel satisfaction or regret? Write your thoughts and feelings below the picture.

Imagine you have more time. How old will you be? Draw your funeral in the box below. Who will be there? What will be said? What conversations are happening before and after the funeral in the homes of those you have impacted. What things have you accomplished? Do you feel satisfaction or regret? Write your thoughts & feelings below the picture.



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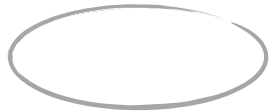
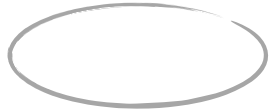
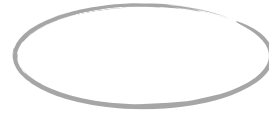
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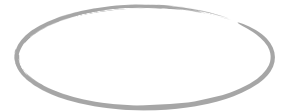
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Use this area to think about the many different roles you have in your life. Mind map your goals for each role. Start with broad categories around your role first. Then, branch out like a tree, lightning bolt, or neuron as you think about your goals. Dream big & take your time. For best results, use words, pictures, & color.

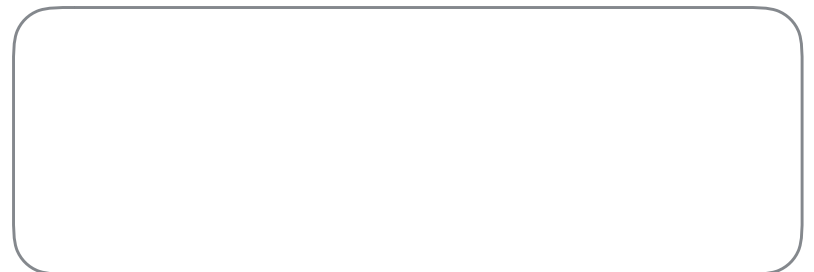
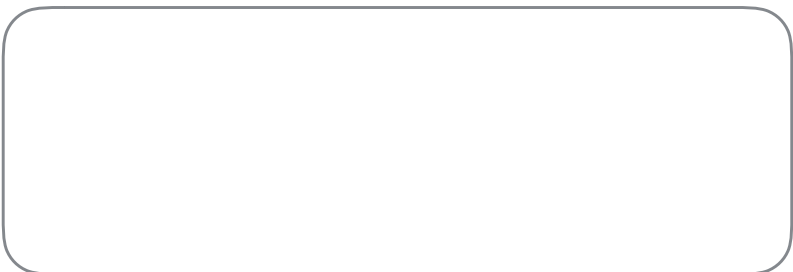


## *Roles & Goals*



# Roles & Goals

Look above at the above roles that you have in life. Review your big dreams for each area and draft 1-3 goals for each role.



# Core Values

Your core values are guiding principles for what you see as central to living a good life.

*(Some values are being reliable, loyal, open-minded, honest, innovative, compassionate, driven, hospitable, optimistic, healthy, courageous, educated, service-oriented, or persevering. )*

***Take a moment to consider what values you hold dear.***

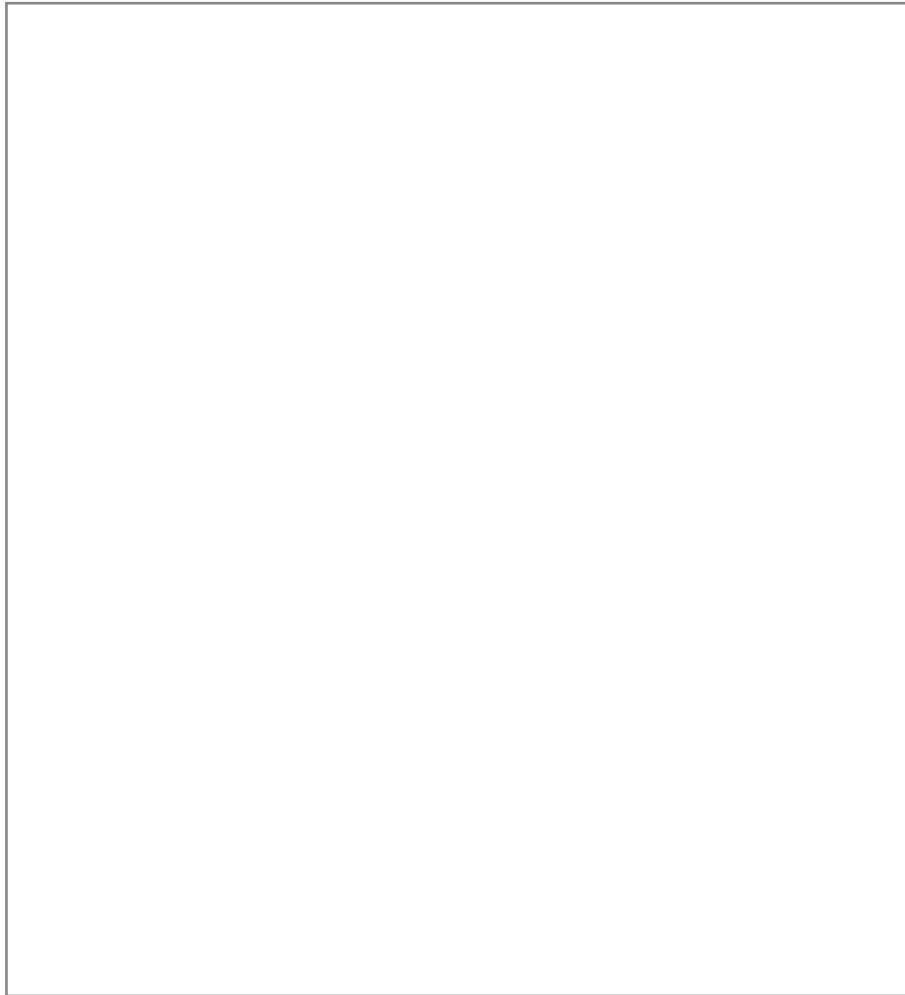
Write down or sketch as many as you can here. Don't limit yourself. Get on paper whatever comes to mind.

A large, empty rounded rectangular box with a thin black border, intended for the user to write or sketch their core values. The box is centered on the page and occupies most of the lower half of the document.

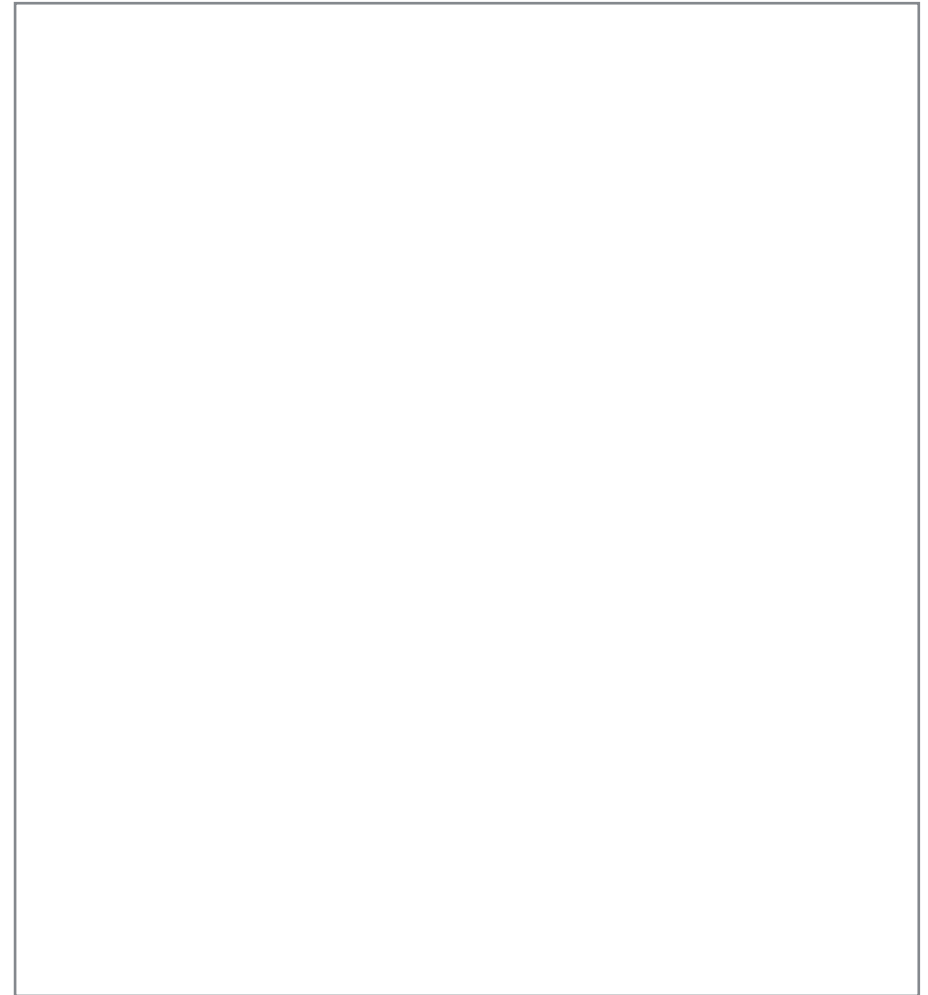
# *My Mission & My Values*

Use this space to create your rough drafts for your Mission Statement and Core Values. Consider what came to mind as you completed the above exercises. Who do you want to be? What do you want to do? When you craft your Mission Statement and Core Values, write in the present tense and start your sentences with "I."

There is space in your Think Time for your final draft of your current Mission Statement and Core Values. These will serve as a North Star for you as you begin your Think Time journey.



my mission statement rough draft



my core values rough draft