

A personal Mission Statement

Many of us somehow find ourselves always on the train of thought of “finding ourselves”. I am not sure exactly what “finding yourself” is all about – but what I do know is that discovering yourself is useful. The idea of “finding yourself” seems somewhat ridiculous to me, because you are everything you need to be and have everything you need to be what you need to be. Discovering that is the true process.

When you embark on a mission to find yourself you are looking externally for elements of life in general to fulfill some unknown or undefined void. When you realize that you are everything that you need, you come to the realization that all you need is within you and “finding” is not the route in which to travel, but “discovering” is.

With mental illness we often find ourselves wondering what it is all about. Why the challenges we face are so difficult and unexplained. This doesn't mean that we should give up on goals or dreams. One of the most effective ways that I keep myself focused on this big picture and what helps me to discover more about myself, it to have plan – a mission statement, if you will.

Stephen Covey said it best in his book the “7-habits of highly effective people” – Begin with the end in mind. What do you want life to look like, for you? If you could draw a realistic picture of yourself being satisfied in life and with your contribution to life – what does that look like?

Another book that is very helpful with this process is, Rick Warrens, “Purpose Driven Life”. The first chapter of this book is the most important chapter in the entire book: “It is not about YOU!” If you sit down to draft a personal mission statement and you find that it contains ego driven words and goals such as, I will be rich, I will be successful and I will this and I will that. You are heading in the wrong direction.

You will find that your life becomes rewarding on a level that you have never anticipated when you take the focus off yourself and your ego and onto what you can and do contribute. My personal mission statement is not something that I share publicly, this is a personal choice – however what I can tell you is that last night I was reading my mission statement which was written in a prison cell and that nearly every aspect of this statement has manifested into my reality. When you commit to putting down on paper a true and realistic mission you alter the framework in your own mind. You rely on the powers that be – God, in my case, to insure that all the tools necessary to live my mission are in place and that I have the awareness to discover and utilize them to the best of my ability.

When I question others and myself – I reflect back on my mission statement that I had decided long ago would remain concrete. If parts of my life are not conducive to me meeting my mission – then those parts are eliminated. A mission statement is not a goal or an “end”. It is just as it is a mission – a journey and you are defining how you are going to live it.

Mission statements do not have to be long-term. I have written mission statements that were directed towards just the current situation, such as Prison or Mental Hospital stays. These mission statements are specific to the time. In a hospital stay once I wrote a mission statement with the end in mind that stated I would discover the obstacles that I face with my own illness and be able to define what was illness and what was my attitude and emotional pain. In prison, it was even simpler – I will survive with all that I possibly have and will realize that no one can make me feel anything I do not choose to feel.

An important part of any recovery is to have a plan. A mission statement is the beginning of this. I have provided a “Building a Personal Mission Statement” layout that I found online from Bowling Green State University that best describes my own method. [Click Here](#)

Taking back your life starts with what you do today – procrastinating will only see you in the same position tomorrow.