



What's Your Mission Statement?

Affirmations are a proven method in maintaining motivation and achieving goals.

By creating a mission statement for yourself you can create a realistic, achievable plan to help give you focus, motivation and structure.

Exercise: Visualise how you would like to see yourself in 3 months time.
Where will you be? What are you wearing? Who are you with? How do you feel?
What changes will you need to make in your life to achieve this?
Are they realistic, achievable? Does it make you feel excited?

Now complete a paragraph defining your 3 month mission statement using the words 'I am' instead of 'I will' or 'I want'. Imagine you are writing it at that point in time.

You may want to create a strong visual for this statement, such as a drawing or collage - be creative. This is for you and you alone - make it work for you. And above all - have fun!

For you to achieve this statement you will need to break down your goals into small achievable action steps. Be pro-active and start taking action. Ensure you re-read your mission statement daily to ensure you're heading in the right direction.

Now do the same exercise for 6 months, a year, 5 years.