



**Creating Legacy
Wellness**

Navigating Well-Being Together



Personal Mission Statement Fill-in-the-Blank Template

1. My Core Values

The values that guide my life and decisions are:

1. _____
2. _____
3. _____
4. _____
5. _____

2. What Energizes Me

The activities, causes, or experiences that light me up most are:

- _____
- _____
- _____

When I'm doing these things, I feel:

3. My Goals & Intentions

In the next chapter of my life, I desire to:

- Professionally: _____
- Personally: _____
- Wellness/Well-Being: _____
- Relationships/Community: _____



Creating Legacy Wellness

Navigating Well-Being Together



4. My Strengths & Gifts

Some of my natural strengths, skills, and qualities include:

- _____
- _____
- _____

Others often describe me as:

5. The Impact I Want to Make

I want to make a difference by:

The legacy I hope to leave is one of:

6. My Personal Mission Statement (Draft Builder)

Use the prompts below to craft your statement.

I am committed to living a life guided by:

(values) _____,
while using my strengths of
(strengths) _____
to create
(impact) _____.

My mission is to:

(purpose/action) _____
so that
(desired outcome/feeling) _____.



Creating Legacy Wellness

Navigating Well-Being Together



7. My Final Personal Mission Statement

Write your final 1–3 sentence mission statement here:

8. Alignment Check

Does my mission statement feel:

- Aligned with my values? ☐ Yes ☐ Not yet
- Energizing to read? ☐ Yes ☐ Not yet
- Supportive of my 2026 vision? ☐ Yes ☐ Not yet

If not, what needs adjusting?
