

## Mission Statement

Describe your over-all mission for this area of your life. How would you identify your best intentions and purpose for this area and how does it contribute to the designs and standards you wish to live by?

### Career

- Having a career that allows me the opportunity to apply my imagination while I continuously stretch my talents and abilities.
- To be able to advance myself to higher levels of growth and achievement.
- To be paid what I am worth and work to my own quality and standards.

### Family

- Having a loving and supportive family environment.
- For each member of my family to contribute to the self-esteem and well being of other family members.

### Financial

- Having the ability to live a lifestyle that is personally satisfying but within my financial means. Not having to “worry” about meeting financial responsibilities.
- Being in a position to give to charity when the need or the desire arises.

### Health

- Developing the habits and attitudes for proper maintenance of my body.
- My body needs the care and respect that I would give any machine I expected to serve me over an extended period of time.
- A combination of exercise, nutrition, and periodic examinations to prevent problems and promote good health.

### Spiritual

- Feeling connected with a God-given mission or purpose for my life.
- Having love for self and others.
- Developing a personal relationship with my higher power.
- Having the faith to look to God for peace and comfort when circumstances begin to feel overwhelming or out of control.

### Recreation

- Taking time to play and enjoy the present.
- To consistently make the time to center and rejuvenate myself.
- Having quality time with people that I love.
- Always making time for amusement, laughter, and relaxation.

### Mental

- Having a positive self-image.
- Being optimistic and energetic.
- Keeping centered and focused during stressful situations.
- Having an open mind to new ideas and a willingness to learn.
- Loving, accepting, and forgiving of self and others.