



Mini But Mighty Skills for Well-Being

Draft Your Personal Mission Statement
to Enhance Professional Fulfillment



American College of Physicians
Leading Internal Medicine, Improving Lives

Meet Our Lead Faculty



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Learning Objectives

- Define a “Vision Statement”, a “Mission Statement”, and a “Why Statement”.
- Explore strategies to draft your Personal Mission Statement.
- Use your Personal Mission Statement to guide your decisions in both your career and personal life.
- Reflect on what Professional Fulfillment looks like for you.



Meet Our Lead Faculty



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Clinical Associate, Duke University
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Associate Director, Duke Graduate
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The Full Story – Important and Inspiring



Vision – Where you want to be in the future



Mission – Where you are right now



Values – Authentic Core Values and Principles



The Golden Circle

by Simon Sinek



Why Statement Model:

To ____ (*what is the contribution*) ____ so that ____ (*what is the impact*) ____.



Corporate Vision and Mission Statements

Vision Statement

To be the premier purveyor of the finest coffee in the world while maintaining our uncompromising principles while we grow.

Mission Statement

Inspire and nurture the human spirit – one person, one cup and one neighborhood at a time.



Professional Fulfillment

Individual - Looks different for me and you.

Dynamic - Can change over time.

Big Question to ask yourself -



Does your current professional life align with your principles, values, passion, abilities, and goals?



Your Personal Mission Statement is a **GUIDE**

1. Implement Strategies
2. Decide - Yes or No
3. Reinforce Identity
4. Achieve Goals



Draft Your Personal Mission Statement

1. Determine Your Principles and Values
2. Determine Your Passion and Abilities
3. Determine Your Goals



Determine your Values and Principles

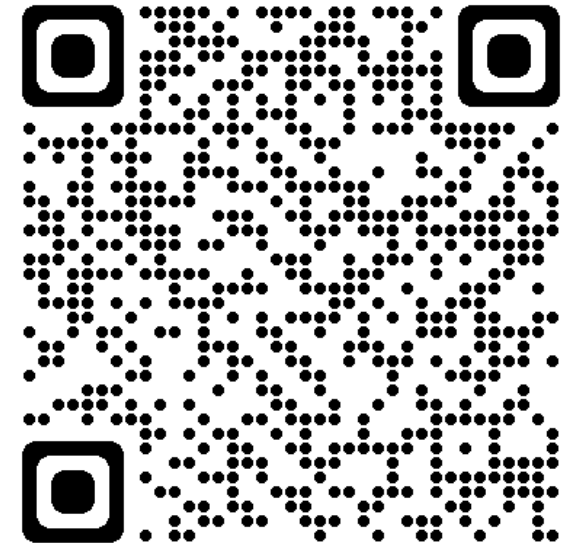
- You may just know, or you may need to reflect some to determine your values.
- Values in Action survey (<https://www.viacharacter.org/>) helps determine your character strengths (values).
- What is non-negotiable for you?

Ask yourself:

- What's most important to you?
- How do you want to be remembered?

Ask your peers how they see you.

Review a list of Values and pick the top 5.



Determine your Passion and Abilities

- What fuels your energy?
- What could you do all day long and want to keep going?
- What are you really good at – your strengths?
- Which strengths do you want to use to pursue your vision day to day?



Determine your Goals

- What do you want your Legacy to be - what do you want to be known for? What do you want to accomplish?
- What will get you closer to your vision while being seated in your values?
- These are action oriented.

Ask yourself as you set your goals:

- Who am I doing this for?
- Why am I doing this?
- What could be the best result?

You can use this to craft your career and in job searches.



Putting it all together - Personal Mission Statement

Insert Your Principles and Values, Passion and Abilities, and Goals in the Mission Statement:

Ex: **Principles/Values:** Teaching, Teamwork; **Passion/Abilities:** Community building, Good communication; **Goals:** Docent, Residency Program Director

Vision Statement: To be known for my skills as a leader in education and community building for medical students and residents.

Mission Statement: Teaching and mentoring trainees at various levels to help them develop their careers.



Putting it all together - Personal Mission Statement

Your turn!

Insert Your Principles and Values, Passion and Abilities, and Goals in the Mission Statement



Summary

- Draft a **Personal Mission Statement** that reminds you of your **Passions, Abilities, Principles, Values, and Goals**.
- Use that **Personal Mission Statement** as a **guide for decisions** – to align your everyday with your long-term vision for your life & career.
- **Reflect regularly** –what do you need in life for personal & professional fulfillment?
- **Focusing 20%** of our time on our **mission driven tasks** has long term positive effects.

**“How we
spend our
days is of
course
how we
spend our
lives.”**

Annie Dillard



Thank You

Feel free to contact us at:

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Access additional well-being resources

www.acponline.org/wellbeing

www.acponline.org/supporthub



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