



REFLECTIONS



Find Your Why

Personal Mission Statement Worksheet

In Episode 23 of the Dauntless podcast, we heard from professional endurance athlete and coach Courtney Culligan. Courtney described how she stays motivated and engaged with her pursuits...and they are huge pursuits! She explained that it's extremely important to think about your "why," or your reason for doing what you do. As she said- you want to be able to lean back in on those specific reasons when the going gets tough and use them as a source of motivation.

So for this episode's homework, you are honing in on your why. We'll call it a personal mission statement.

In the space below write your mission statement that includes the following:

Example:

Who You Help: I help high school kids

End Result: become well-adjusted adults

How: by teaching the core values of self-discipline, respect for others, focus, practice, patience, endurance, and self-care through sports

Why: to build leaders for future generations

Personal Mission Statement:

I help high school kids become well-adjusted adults by teaching the core values of self-discipline, respect for others, focus, practice, patience, endurance, mastery and self-care through sports to build leaders for future generations.

Tip: Keep it brief and memorable. Your Personal Mission Statement should briefly describe your purpose and your personal call to action for this life in just 1 or 2 sentences.

Constructing Your Personal Mission Statement:

Who You Help:

End Result:

How:

Why:

Personal Mission Statement:

So now, when you are feeling frustrated, unmotivated or questioning your journey, refer back to your mission statement and your why. Use this as a source of motivation and inspiration. You got this!