

STFM 2021 Spring Conference  
Defining Your Why and Your What:  
Using Mission Statements as a Career Compass

Exercise #1

- A. Take a few minutes to consider the various roles you currently play in your work as well as those when you are not at work. List these as concisely as possible on the left and note percentage of time spent in each. On the right, identify the responsibilities related to each role. Then note which ones in which you'd like to spend more vs less time.

<i>Roles</i>	<i>Time</i> <small>(Total = 100%)</small>	<i>Responsibilities</i>
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- B. What are key life issues for you now (eg developing credibility as a clinician/faculty member, figuring out where I fit in my organization, meeting competing demands of family and work)?

Professional

Personal

- C. What are your passions and priorities in work and personal life?

Professional

Personal

- D. What activities/interactions/tasks/collaborations rejuvenate you or reconnect you to what you value most? Conversely, what primarily drains you?

## Exercise 2: Writing a Mission Statement

A personal mission statement is a brief description – 2-5 sentences long -- of what you want to focus on, what you are passionate about, and who you want to become in particular areas of your life over the next three to five years. It is a way to focus your energy, actions, behaviors and decisions towards the things that are most important to you. You can write an overall mission statement for yourself, or write separate ones for different areas of your life.

Make sure your mission statement is positive. Focus on what you want to do or become instead of what you do not want to do or be. Include positive behaviors, character traits and values that you consider particularly important and want to develop further.

We encourage you to write a draft and then share this activity with a work colleague, friend, mentor or partner. It will be most valuable if you return to it periodically to use as a touchstone and revise as your priorities, work/life needs and interests change over time.