



JANUARY 2025 TOOLKIT

DISCOVER YOUR PURPOSE

January is a fresh start to a new year, a perfect time to reflect on your purpose. Instead of placing emphasis on a weight loss challenge after the holiday season, this month's focus will instead be to develop personal and family mission statements.



PURPOSE

“THE TWO MOST IMPORTANT DAYS OF YOUR LIFE ARE THE DAY YOU ARE BORN AND THE DAY YOU FIND OUT WHY.”

- MARK TWAIN

THE MONTH OF JANUARY

is a much-anticipated time for renewal. A fresh start to a new year; it is a chance to make positive changes in your life, whether improving health habits or learning something new. However, it usually isn't long before we revert to old habits or postpone our improvements to another time. We sometimes go through the motions of our lives and find ourselves wondering: Is this all?

We are proposing a new journey for you to explore during the month of January: a journey to discover your life's purpose. Your purpose is the true spirit of who you are and the gifts and talents you possess. During this month, we invite you to answer questions about yourself that will enable you to write a personal and/or family mission statement, culminating in the discovery of your purpose.

PERSONAL MISSION STATEMENT

The personal mission statement is your own philosophy or creed that captures who you want to be and what you want to do. It is a roadmap for making life and daily decisions. It describes the qualities you want to develop and the accomplishments and contributions you want to make. Each individual is unique and your mission statement will reflect that uniqueness. It may be just a few words or sentences, or it could end up being several pages. Regardless, it will become a living document that you can update as you go through life.

THE MISSION STATEMENT:

- Represents the best within you.
- Showcases your unique gifts.
- Integrates four fundamental needs and capacities: physical, spiritual, social and emotional.
- May recognize different roles in your life.
- Should inspire you.

FAMILY MISSION STATEMENT

Stephen Covey stated, “The goal of a family mission statement is to create a clear, compelling vision of what you and your family are all about.” It gives a destination with a clear direction. Even though families may get off track, the family mission statement shows the way back. Much like a personal mission statement, this is a guide for your family to live by. It includes values and priorities for major family decisions. It usually starts with a parent making the first draft, followed by sharing with the whole family for discussion and revision.

WEEK ONE

BEGINNING YOUR PERSONAL MISSION STATEMENT

A

Defining your personal purpose is a good start. Begin by asking yourself these questions:

1. Who have I been when I've been at my best (e.g., courageous, leader)?
2. What are my unique talents/gifts and why are they important?
3. Who inspires me the most? (This could be anyone such as family, friends, authors, artists or leaders.)
4. What qualities have I gained (or desire to gain) from this person or people?
5. What am I naturally good at?
6. What do I love and why?
7. When and where have I found joy in my life and why did I find joy in that?
8. What have I found to be meaningful and why is it meaningful?



B

After you've answered the questions about purpose, it is time to begin writing your mission statement. Start by answering the following questions:



1. What would I really like to be and do in my life?
2. What are my life roles?
3. What are my greatest strengths?
4. How do I want to be remembered?
5. What are the three most important things to me?
6. How can I best contribute to the world?

WEEK TWO

FINALIZING YOUR PERSONAL MISSION STATEMENT

A

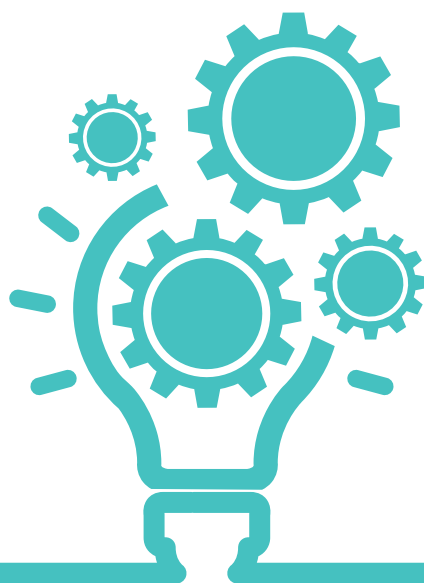
Take your answers to the questions in week one and use them to write the first draft of your personal mission statement. Here are a few examples that may inspire you:

"I WANT TO BE THE KIND OF PERSON MY DOG ALREADY THINKS I AM."

"I LIVE TO SERVE MY TALENTS AS COMMUNICATOR, ARTIST AND INDEPENDENT BUSINESSWOMAN. I CREATE BALANCE IN WORK, PLAY AND COMMUNITY. I INSPIRE THOSE I INTERACT WITH."

B

Take a few days to think over your mission statement and make any revisions before finalizing it. Then, put it in a prominent place in your home or office.



WEEK THREE

WRITING A FAMILY MISSION STATEMENT

A

Writing your family mission statement should involve everyone, no matter their age. This will help achieve buy-in from everyone, which is important. Answer the following questions with your family:

1. What do/don't you like about our family?
2. Why do you like being part of our family?
3. What is important to our family?
4. What kind of family do we want to be?



DEFINE FAMILY VALUES

What would you like this family to stand for?

What are your aspirations for the family as a whole and for yourself?

DEFINE FAMILY GOALS

What do you want for the family five years, 10 years and 30 years from now?

B

Take your answers to the above questions and use them to write the first draft of your family mission statement. Here is a process for you to get started:

PART ONE: TO DO SOMETHING

ACTION

WHAT STEPS OR ACTIONS WILL YOU MAKE?

PART TWO: IN A WAY THAT

THE QUALITY OF OUR ACTION

- HOW AND IN WHICH MANNER?
- IN A WAY THAT NURTURES OUR SPIRIT.
- IN A WAY THAT EVERYONE CAN PARTICIPATE.

PART THREE: SO THAT

CAPTURING THE RESULTS OF OUR ACTION

- WE GAIN CERTAIN RESULTS OR BENEFITS.
- WHAT RESULTS DO YOU WANT FROM OF ALL THIS?

EXAMPLES TO INSPIRE YOU:

TO realize our dreams, goals and aspirations as a family and as individuals **IN A WAY THAT** stretches our intellect, enriches our faith, strengthens our character and enhances our family life **SO THAT** we are fulfilled, happy, confident and always close.

OUR FAMILY MISSION

"No empty chairs."

STATEMENT

"The mission of our family is to create opportunities for each person to become responsibly independent and effectively interdependent in order to achieve worthwhile purposes."

WEEK FOUR

FINALIZING YOUR FAMILY MISSION STATEMENT

A

Take a few days to reflect upon your family's mission statement, and invite your family members to do the same before finalizing it.



B

Once the family mission statement is in its final form, place it in a prominent place in your home so it may be viewed every day.



RESOURCES

<http://msb.franklincovey.com/>

<https://www.cnn.com/2012/08/30/business/beyond-goals-career/index.html>

http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/?utm_source=sendible&utm_medium=feed

<http://tinybuddha.com/blog/activating-the-life-purpose-that-is-right-under-your-nose/>

CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Happy New Year! Reflect on 2024 & set goals for the next 3, 6, and 12 months to achieve your dreams!	2 Last Day of Chanukah. Take a moment to celebrate the joyous moments of the past year.	3 On International Mind-Body Wellness Day, set a wellbeing goal for the year. It could be as simple as taking a daily walk.	4 Make time for play. What feels fun and energizing for you today?
5 Plan your bedtime routine for the week. Make it easy – pick a time to stash devices & climb in bed.	6 Start strong. Take your Wellbeing Survey for personalized insights to support your wellbeing journey.	7 Grab a coffee with a colleague – virtually or at your favorite local spot.	8 Boost self-awareness by understanding your personality and learning style. Take NavigateYou in your wellbeing program or find one online.	9 Everyone is unique. What is your superpower? Spend time sharing as a team to learn more about your colleagues.	10 Improve your focus and thinking skills by adding plants to your space for National Houseplant Appreciation Day.	11 Catch up after the holidays with friends & family. A simple hello or funny meme will do!
12 Start your day with a boost! Bundle up and go for a morning walk to enjoy the sunlight.	13 Join National Clean Off Your Desk Day – share a ‘declutter hour’ playlist on the Social Wall & enjoy a group declutter session!	14 Discover your potential. Join our Intro to Mentorship Video Course and elevate your success.	15 Share your experiences openly. Personal stories and lessons learned make your advice relatable and impactful.	16 Pause multitasking and practice active listening to build connection and trust with colleagues.	17 Connect with a potential mentor or volunteer to share your expertise on International Mentoring Day.	18 Give back and get some space. Donate clothes you no longer wear.
19 The optimal temp for sleep is 65°F. Turn down the heat 30 minutes before bed.	20 Today is both Martin Luther King Jr. Day and Inauguration Day. What is one thing you can do for your community?	21 Enjoy a walking meeting to genuinely connect & boost creativity away from the screen.	22 Complete a Personal Challenge to re-ignite your 2025 goal commitment.	23 Discover valuable benefits in Resources for healthcare, financial, and emotional support on Maternal Health Awareness Day.	24 Make next week the best week yet. Pick a topic to explore for International Day of Education.	25 Take control of your financial health by cancelling unnecessary subscription services.
26 Sleep stories, meditation, stretching – explore a new way to fall asleep tonight without the tv.	27 International Holocaust Remembrance Day Spread kindness. Watch the Forging Community Connections Video Course.	28 Recognize a colleague! Give them a shout-out on the Social Wall.	29 Embrace the season this Lunar New Year. Do less to do more.	30 Make tracking activity easy – go to your wellbeing program and sync your device.	31 Be an ambassador – reach out to a new colleague and introduce yourself.	