# **Personal Statement**

Your personal statement should be a compact description of who you are, what you value and want to achieve and who you want to become over the next how ever many years.

It is a great visual tool to focus your energy, actions, behaviors and decisions on moving forward in the right direction by keeping your eyes on the things that are most important.

Here’s how I see the breakdown: It always comes back to the Who, What, When, Where and How. So here we look at three of these.

For example:

My **vision** is to awaken people from slumber, for them to find they are still able to dream. And for me to effect change by way of demonstrating creativity, nature, potential, and possibilities and making them a reality. To show love in all that I do and to enhance all relationships from fear to freedom, from problem to potential, from mediocre to mighty, and from some day to NOW, so anyone can easily have the life that they dream.

My **mission** is to create, inspire, and cultivate beauty; that is choice through grace, and ease in

people who want to have a life they love.

My **purpose:** To work with others and walk with them to help them fulfill their purpose. To continue to promote and understand that we can make a difference.

So let’s get started:

1. First you need to find your **Passion**

2. Start to structure a **Personal Statement**

3. Create a **Vision Statement**

# **YOUR PASSION GENERATES YOUR STRENGTH, MOTIVATION AND DESIRE**

1. **What most fires you up on a global level?**

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**2. What most frustrates you on a global level?**

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**3. If you could teach three things to others about what fires you up,**

 **what three things would they be?**

For example if you picked nature as what fires you up, you might want to teach these three things: 1) That nature is all around us. 2) That it is up to us to preserve and nurture it. 3) That it is only when we allow ourselves to be still, that we can fully appreciate it. Your turn:

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3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4. If you could reveal to others three things about what *frustrates* you, what would you reveal?**

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2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5. How can you use what most *excites* you to affect or change what**

 **most *frustrates* you? Try and list at least ten ways.**

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7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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10.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **How to Create Your Personal Statement**

STEP 1: Personal statements are all about the actions that you want to achieve. They are made up of DOING words or verbs. From the list below I would like you to choose three words that most fire you up and then go to STEP 2.

|  |
| --- |
| **Doing Words To Shape Your Future** |
| Accomplish | Design | Grant | Negotiate | Respect |
| Acquire | Devise | Heal | Nurture | Restore |
| Advance | Direct | Hold | Open | Return |
| Affirm | Discover | Host | Organise | Revise |
| Affect | Discuss | Identify | Originate | Sacrifice |
| Appreciate | Distribute | Illuminate | Participate | Safeguard |
| Believe | Draft | Implement | Pass | Satisfy |
| Bestow | Dream | Improve | Perform | Save |
| Brighten | Drive | Improvise | Persuade | Sell |
| Build | Elect | Increase | Plan | Serve |
| Call | Educate | Influence | Play | Share |
| Cause | Embrace | Inspire | Possess | Speak |
| Choose | Encourage | Integrate | Practice | Stand |
| Claim | Endow | Introduce | Praise | Summon |
| Collect | Engage | Invent | Prepare | Support |
| Combine | Engineer | Involve | Present | Surrender |
| Command | Enhance | Keep | Produce | Sustain |
| Communicate | Enlighten | Know | Progress | Take |
| Compel | Enlist | Labour | Promise | Tap |
| Compete | Enliven | Launch | Promote | Teach |
| Complete | Entertain | Lead | Provide | Team |
| Compliment | Enthuse | Light | Pursue | Touch |
| Compose | Evaluate | Live | Realise | Trade |
| Conceive | Excite | Love | Receive | Transform |
| Confirm | Expand | Make | Reclaim | Translate |
| Connect | Explore | Maintain | Reduce | Travel |
| Consider | Express | Manifest | Refine | Understand |
| Construct | Extend | Master | Reflect | Unify |
| Contact | Facilitate | Mature | Reform | Use |
| Continue | Finance | Maximise | Regard | Validate |
| Counsel | Forgive | Measure | Relate | Value |
| Create | Foster | Mediate | Relax | Venture |
| Decide | Franchise | Model | Release | Verbalise |
| Defend | Further | Mold | Rely | Volunteer |
| Delight | Gather | Motivate | Remember | Work |
| Deliver | Generate | Move | Renew | Worship |
| Demonstrate | Give | Navigate | Resonate | Write |
|  |  |  |  |  |

# **STEP 1:**

The three ‘doing’ words (verbs) you have chosen are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **STEP 2:**

The things that make us who we are, are the things that we believe in: Our values, beliefs, principles that demonstrate what we stand for.

If I had to boil down my beliefs and my ‘personal code’ to a few short words, they would be:

***Spreading creativity and promoting choice.*** I believe in creating my future and that we all have the ability to create and bring colour and joy to our lives and the lives of others.

For others it might be ‘faith’ or ‘perseverance’ or ‘passion’.

In just a few short words, write down here what your ‘personal code’ is:

Everywhere you look, you will find evidence that happiness ultimately comes from giving, sharing or helping others. Who or what is it that you feel lead to help? The more specific you can be, the more focused and powerful will be your energy.

Get clear on whom you really want to serve, be around, inspire, learn from, and impact in a

positive way. Below is a list of groups and or causes. Pick three from the list or add your own,

|  |  |  |  |
| --- | --- | --- | --- |
| Environment | Family | Education | Media |
| Health Care | Elderly | Children | Poor |
| The Homeless | Immigration | Energy | Agriculture |
| The Justice System | Parks and Recreation | Veterans | Substance abuse |
| Nutrition | Law | Politics | Government |
| Youth | Roads and Bridges | Business | Non-profit agencies |
| Churches | Spirituality | The ill or Disabled | Public Safety |
| Human Development | Infants | Child Protection | Child Care |
| Justice | Home Health Care | Water Rights | Tourism |
| Defense | Space Exploration | Computer Technology | Animal Rights |
| Animal Care | Animal Protection | Literacy | Border issues |
| Civil Rights Issues | Sexuality Issues | Fashion | Art |
| Books | Music | Movies | Design |
| Sports | Food | Travel | Women’s or Men’s Issues |
| Gardening  | Printing or publishing | Performing arts | Administration |
| Management | Labour Relations | Construction | Finance |
| Real Estate | Religion | Community | Development |
| Research | Biotechnology | Broadcasting | News |
| Journalism | Mental Health | Physical Health |  |
|  |  |  |  |

# **STEP 3:**

Pick the one group, entity, or cause you would most like to help or impact in a positive way. Write down that cause, entity, or group’s name here.

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Ok Now, it is time to put the pieces together.

STEP 1 + STEP 2 + STEP 3 = Your Life’s Mission.

To give you an idea here is my mission:

To Love, Facilitate and Create

*(your three verbs)*

Spread creativity and promote choice

*(your core value or values)*

To educate youth regarding their pathways and the community about mental health

*(the group/cause that most moves or fires you up)*

*Now, your turn:*

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anything revealed that you were not expecting? Does this align with what you like to do?

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Now it is time to put it to the test, to see if this is really you:

If it is different from what you would have thought, how is it different?

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How do you feel when you look at it?

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Say it out loud. Is it the right fit for you?

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Is it exciting enough to move others to help you? Do others agree that this suits you?

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Do you really feel it? Does it have “heart?”

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It is now a great time to get a thesaurus and dictionary and write down as many possible words that relate to your personal statement. This will help open your eyes to the possibilities. This list may also help develop your action plan.

A good personal statement will be inspiring, exciting, clear, and engaging. It will be specific to you and your particular interests, passions and talents. If the personal statement you came up with does not meet these criteria, rework it until it does.