



Personal Mission
Journal

Name

Year

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God Bless,

Jenni Allen

A Missionary Mom

Vision

Mission

Plan

Purpose

This Journal is to help you regain your time. When we can narrow down our values and our purpose in a few short sentences we have a tool that can help us have healthy boundaries! This tool is simple and under valued. It is the tool of a *Personal Mission Statement*.

A *Personal Mission Statement* will give you a clear vision on where God wants you to be currently and will get you where he wants you to be in the future.

It has personally helped me to have a simple guide in saying Yes or No to all the things I could add to my plate as a mother.

I pray that this journal will help you find the same clarity and freedom I have found as you formulate your *Personal Mission Statement* and use it in your life.

*"Where there is no vision,
the people perish..."*

Proverbs 29:18



How to use this Journal

TIME:

- Work through this journal as the Lord leads you. I do recommend doing **1 page or section per day**. Some sections may take more than a day. (There are 5 reflections in this journal)
- Don't rush. There is no need to accomplish this quickly. Let the Holy Spirit guide you.
- To complete the journal will take you 1-4 weeks.
- Memorize one or two of your favorite verses from the sections in this journal. (Memorization is a powerful tool to grow you in your journey!)

WHEN:

The best time to enjoy this journal is during your morning devotion time with Jesus or a quiet undisturbed and uninterrupted time (thus the suggested morning time recommendation. Since most moms only have that quiet time before the children wake)

RECOMMENDATIONS:

- Start each journaling and study time with PRAYER.
- Choose a quiet and calm time.
- Use an extra journal or use extra blank paper if more space is needed for any of your journal entries or sections.
- After making your Mission Statement print it on a pretty paper and frame it or put it somewhere you see regularly.
- Review your Mission Statement daily, even writing it out each morning to help you stay focused on your mission and values.
- Write your statement on a 3x5 card and carry it with you to memorize or reference when you are struggling with a decision.



Reflection One

Awakening our Need for Vision

"Through wisdom is an house builded; and by understanding it is established: And by knowledge shall the chambers be filled with all precious and pleasant riches."

Proverbs 24:3,4

VISION: the act or power of imagination, a conception of what the future might hold, or the ability to see (sight). It encompasses the ability to see, the act of seeing, something imagined, and foresight or discernment

MISSION: specific task with which a person or group is charged, a preestablished objective or purpose, a person's calling or vocation.

Write out in your own words what a vision and mission is.

What role does hope have in us having a vision and mission? Jeremiah 18:12

What and Who should we have hope in? Psalm 119:81, Psalm 130:7

If nothing changes in these areas, what will your faith, family, and motherhood journey look like in 5 years?

If nothing changes, how would that make you feel in 5 years?

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Why is having a vision for the future so important? Proverbs 29:18

Do you commit to finding out God’s special mission and vision for your life and following through by carrying that out?

Reflection Two

Clarify Identity & Core Values

"For we are his workmanship created in Christ Jesus unto good works which God hath before ordained that we should walk in them."

Ephesians 2:10

The way we see ourselves and the way we understand others and God seeing us can affect our identity and core values.

Write your definition of IDENTITY.

Look up in a dictionary the definition of IDENTITY.

IDENTITY is how you see yourself and your purpose. Identity encompasses your character but also takes into consideration our role. Your ROLES are not your identity but help make up that identity. This is important especially for moms because we can sometimes limit our identity to just what we do (our roles) but identity is who we are! List here all the different things that make up your identity. (Think personality, passions, roles, life experiences, character)



What do these verses say about your identity as a Christian?

John 1:12-

Ephesians 2:10-

1 Peter 2:9-

2 Corinthians 5:17-

Matthew 5:14-16-

Colossians 2:10-

1 Corinthians 6:19,20-

Romans 8:17-

Isaiah 54:5-

What part of your identity above really speaks to your heart and why?

CORE VALUES are things that you find most important.

As a Christian CORE VALUES should align with God's values but sometimes they don't. We are growing in our understanding of God's values and what should be important to us. They shape why you make the decisions you do.

CORE VALUES will affect what things you say "Yes" to and what you say "No" to. So identifying and also growing closer to God's values is key in finding balance and your personal mission.



CORE VALUES ARE A COMPASS
FOR CONDUCT & GUIDING PRINCIPLES

What do you think your CORE VALUES & PRIORITIES are? List them here.

What are some of God's CORE VALUES?

1 John 4:8-

Deuteronomy 32:4-

Micah 7:18-

Lamentations 3:22-, 23-

2 Peter 3:9-

John 14:6-

Think of the experiences you have gone through in the past 2 weeks and the decisions you made. The things you said “Yes and No” to. What do these experiences reveal to you about your values? What does it reveal about your priorities?

What CORE VALUES do you think you need to bring in better alignment with God’s values? Why?

What 3 things can help you bring your values into better alignment with God’s values?

John 5:39, Hebrews 4:12-

Galatians 5:22-23, John 16:7,8-

John 2:5, James 1:22-

Out of your list of CORE VALUES above, choose your top 3-5 values that you would want to be known for. List them here.

When your husband, children, and others think of you and your identity and values what do you want them to most know and remember you for? For this to happen what would need to change in your identity and core values?

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What one thing can you start doing today to live in alignment with your God given identity and top core values. *Make it something you can look back on today and say "I accomplished that." Start daily doing it.*

Write out a prayer to God asking for Him to continue to change your identity and values to align with His.

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Reflection Three

Identifying your Personal Calling

“Having then gifts differing according to the grace that is given to us, whether prophecy...or ministry...or he that teacheth...Or he that exhorteth...he that ruleth...he that sheweth mercy, with cheerfulness.”

Romans 12:6

Some have the thought that if I do what God is asking that I will not be happy. This was the first lie of Satan. The lie being that “God is withholding good from us.” The opposite is true. God’s plans and calling for you is what will truly make you happy!

“Too many, in planning for a brilliant future, make an utter failure. Let God plan for you. As a little child, trust to the guidance of Him who will “keep the feet of His saints.” 1 Samuel 2:9. God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning and discern the glory of the purpose which they are fulfilling as co-workers with him.”
The Ministry of Healing p. 479

God works in different ways. He sometimes calls us to do things that are out of our comfort zone to help us to grow in character. But our ultimate calling as Christians is to reflect God’s character in our character and lives. (to have His core values and to see our identity as children of God) This was God’s original plan in creation. Encompassed in this calling is also the call to help others have the same experience. This comes through a deep and real relationship with Jesus. Thus part of our calling as Christians is to know God’s love and share it with others.

What is the ultimate calling for each of us? John 17:3

What was the calling of Jesus which he also gives to all Christians?

Isaiah 61:1, Luke 4:18

Matthew 28:18-20

Jesus also had a specific calling to give his life for us. Others also in history and through their lives have had specific callings at different times. The general calling to be sanctified and transformed and to share Jesus with others is for all. *Our specific calling is special.* God has made you with a unique personality and gifts and traits and has a special calling for you.

What do these verse reveal about our calling?

Ephesians 2:10

Jeremiah 1:5

1 Corinthians 12:28-30, Ephesians 4:7,11-12

Exodus 31:1-5

God gives a mission or calling but he also equips us and gives us the power, ability, and the passion for the calling.

God gifts us with wisdom and talents to accomplish the calling he gives us.
List the gifts God has given you.

Talents	Natural Strengths
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God also gives us passions. Things that bring us joy and fulfillment. He has created you this way.

What breaks your heart?	What brings you joy?
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Ask 1-3 others what they think your gifts and talents are and write out any interesting take aways from the conversations.

PRAYER PROMPT: Ask God to show you where your deepest joys and passions meet His kingdom needs. Write any initial thoughts or impressions here.

Reflection Four

Your Personal Mission Statement

“And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him...And whatsoever ye do, do it heartily, as to the Lord, and not unto men.”

Colossians 3:17, 23

As you have been studying and praying and now have looked at your values, passions, and talents you should have a good idea of the direction and calling of God on you.

Look over your journal prompts over the last few reflections and make sure you take some good connection time today. God desires to show you the special direction and mission for your life. Now is an exciting part of the journal. You will start to make a draft of your MISSION STATEMENT.

The following verses give as sort of “Mission Statements” of the following people. Summarize them in your own words.

John the Baptist-John 3:30

Jesus-John 4:34

Paul-Colossians 1:28

David-Psalm 27:4

When he was older-Psalm 71:18

Your Mission Statement is not something that must be eloquent, long, fancy, or set in stone. It can and often will change over time. But I believe making one can really focus your attention, time and talents on the things God desires you to focus on in your day to day. So start writing down some draft ideas! Don't worry about it being choppy or not grammatically correct. Just start brainstorming some drafts with God. Be prayerful.

As you start to work on the first drafts of your Mission Statement here are some things to consider.

- Keep it short enough that you can memorize it. No more than 1-2 sentences.
- It should be direct enough to be clear what your focus in life is while still encompassing your unique mission.
- Remember that a Mission Statement is not a goal you have but should be about seeking what God has in mind for you in your current stage and place in life.
- Do several drafts then choose your favorite and combine your favorite elements from each.
- Make sure your final version motivates and inspires you!
- Don't take too long. With this journal it should not take you more than 1 month to complete a final statement (shorter would be better) Once you formulate an initial final Mission Statement use it. (see the next reflection)
- Revisit your statement as the Lord impresses you. Revise it as God leads. Remember it is not set in stone and will refine over time but don't let that stop you from enjoying the blessing of focus and mission!

Some people like an example of statements. Here is an example of my Mission Statement:



“To live in close connection with God and build deep relationships with young families--beginning with my own.”

My rough drafts included ideas like staying connected to God and having deep, real relationships with other--like my family and other moms and helping other young families to do the same. Many of my initial notes included ideas like:

- 1. Needing relationship with God.*
- 2. Needing connection and relationships in meaningful ways with other moms and my family members.*
- 3. Wanting to minister to young families, especially young mothers.*

I hope these examples help you as you take time with God and make a Mission Statement that inspires you and captures what God has in store for you.

Reflection Five

Turning Vision into Action

"But be ye doers of the word and not hearers only, deceiving your own selves."

James 1:22

There are things that can keep us from daily fulfilling our mission for God. Satan uses all kinds of things. We must be ready to combat the excuses we give ourselves and the circumstances that make daily obedience to God difficult.

What does a prudent or sensible man do? Proverbs 22:3

What should we do when we make plans? Luke 14:28

What two principles can you apply to planning from this verse? Proverbs 16:9

Look at your Mission Statement think about what things practically you need to make this a reality. (consider things that support you emotionally, physically, mentally, socially, and spiritually.) Write out those things here.

Plan for Victory and Success

Journal out the struggles that will keep you from accomplishing your Mission and the plans to make success possible. Include a Bible Verse that matches the struggle. I encourage taking the time to memorize the verses for your biggest challenges. When writing ways to have victory use “I will” statements. And commit to the solutions that you and God come up with.



Here is an example

Struggle/Circumstance:

I need time for exercise. It helps me be more calm as a mom and brings me happy hormones. I struggle with an inconsistent schedule because we travel for ministry and sometimes are in new places with no covered area to work out at or our late night schedule causes me to not want to get up and workout in the morning. Often working out doesn't happen if I don't workout in the morning. In winter it's cold and I don't enjoy having to walk to our pole barn to workout. If I wait too long in the morning the kids wake up and it makes me less inclined to workout with them distracting me.

Possible Solutions/Plan for Victory:

I will go to bed at decent time even when traveling. (If I go to bed at 9pm I can wake at 5am) I will set my alarm. I will lay out my workout clothes the night before. When we move to a new area I will find a place that is good to workout at (if no covered area and it is bad weather I will workout in the RV-later in the day if necessary) I will stick to my routine even if the kids wake up earlier than normal. I will adjust my mindset.

Bible Verse for Victory:

“But they that wait upon the Lord shall renew their strength they shall mount of with wings with eagles, they shall run and not be weary, They shall walk and not faint.” Isaiah 40:31



Struggle/Circumstance:

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Possible Solutions/Plan for Victory:

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Bible Verse for Victory:

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Struggle/Circumstance:

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Possible Solutions/Plan for Victory:

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Bible Verse for Victory:

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Struggle/Circumstance:

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Possible Solutions/Plan for Victory:

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Bible Verse for Victory:

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Possible Solutions/Plan for Victory:

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Struggle/Circumstance:

Possible Solutions/Plan for Victory:

Bible Verse for Victory:

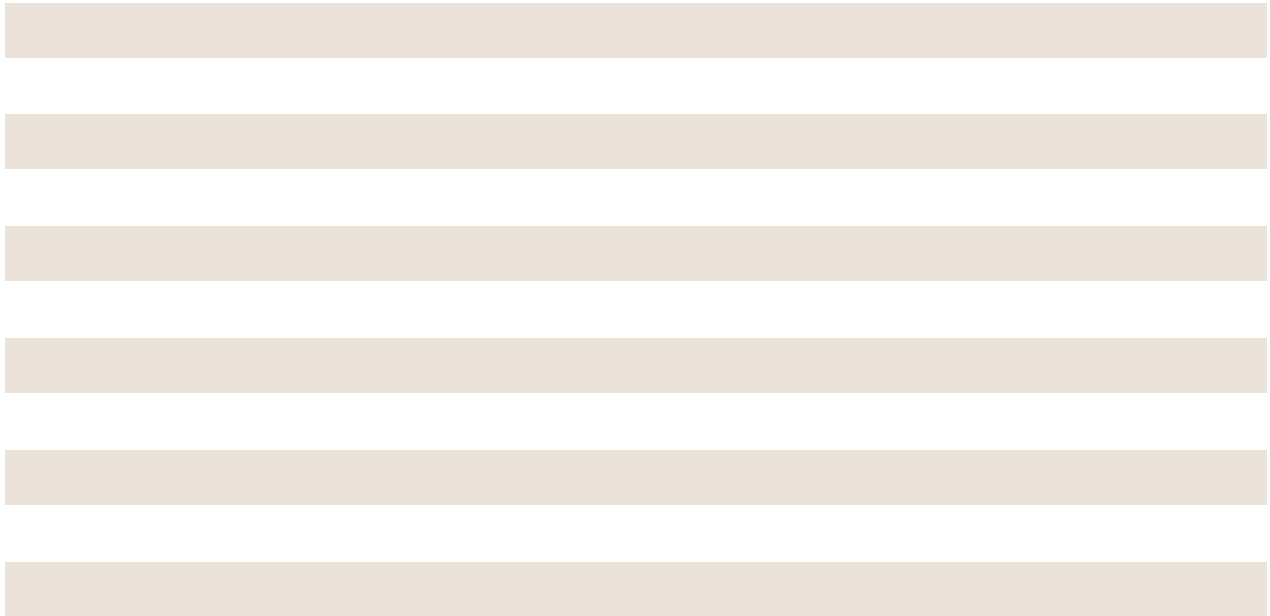
Word for the Year

Now that you have your Mission Statement you can do something that will help you keep the direction in view in just one word! This practice of picking a word for the year can really be meaningful as you move forward in applying your Mission Statement.

Take some time to pray and journal. Ask God to narrow down your focus to one word for the year. You will notice as you pray and journal that one thing will really stand out in what you need to think on or do. I encourage you to pick a new word each year.

My word this year has been “Acceptance” This word has reminded me through the year to allow God to help me to accept things that cannot change and to allow grace for myself in those areas.

Below is an area to journal and brainstorm words that initially jump out to you then narrow it down with God’s help.

Seven horizontal beige bars stacked vertically, intended for journaling and brainstorming words.

Word for the Year

Three horizontal green brushstroke bars stacked vertically, intended for writing the chosen word for the year.

Put it to Practice

Now you have your MISSION STATEMENT and WORD FOR THE YEAR. You know the things that may hinder you from your focus and Bible verses and plans to overcome those hinderances. It's time to use these things to grow in your walk and daily life! Time to let them help you stay on tract and right in God's will!

Here are some things to do to make the Mission Statement and Word for the Year help you grow:

1. Make a nice poster to print with your Mission Statement and Word. Print it and hang it up where you can see it!

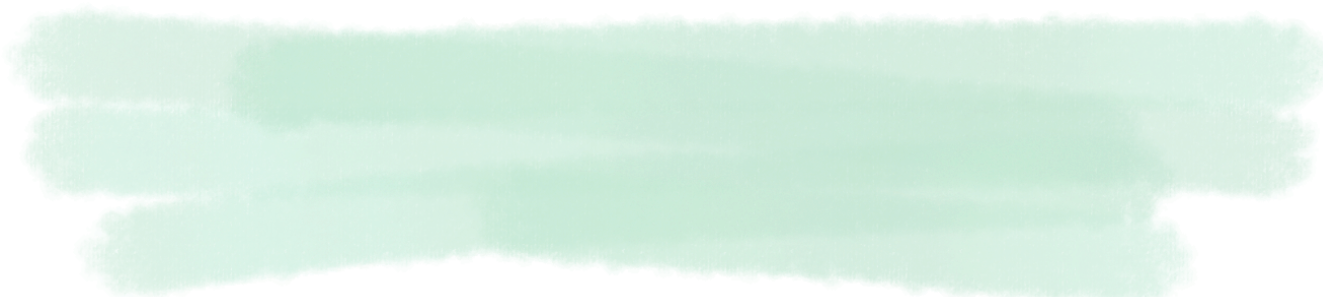
2. Write out your Mission Statement daily in a journal or at least weekly. This helps you start your day with focus and helps you memorize it.

3. Write it on a 3x5 card or print it on a small card and carry it with you. When faced with a big decision pull it out, review it and ask God-what decision in this situation will help me in my mission?

4. When faced with a decision that requires your time--saying YES OR NO to a request and setting boundaries--Think about your Mission Statement. Will saying YES help me to fulfill my Mission. Why am I wanting to say yes?

5. **Evaluate regularly:** At the end of the day, think back on your Mission Statement. Did you do things that aligned with your statement? What did you do today that fulfilled your Mission? How could you do better tomorrow?

Write out a prayer to God for strength to fulfill your mission and make it practical in your every day life.





Passionary
MOMS

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