

## How to Create and Use a Mission Statement

What is a Mission Statement? It's your statement of purpose in sport or why you choose to engage in your particular sport. The creation and use of a mission statement enhances motivation and can renew your energy and passion toward your sport. Complete the four steps below to get you on the right track and motivated!

### STEP 1 Brainstorm

What Motivates me to compete in my sport? Why do I love playing this sport?

What thoughts, feelings, people, images or other things motivate me to compete? (Family, friends, heroes, other athletes...)

Does my philosophy of Life influence why I compete in this sport?

What thoughts and feelings do I notice when I enjoy engaging in my sport? (happy, joyous, free, content...)

### STEP 2 Narrow It Down

What ideas and points stand out to me the most from step 1? From what I wrote, what seems most important? Circle or highlight them.

### STEP 3 Write Your Statement

After completing Steps 1 and 2, now summarize into one statement your mission, your purpose for why you play your sport.

### STEP 4 Utilize It

Now that you've created your personal Mission Statement find ways to utilize it every day. Write it down and post it so you can see it frequently. Read over your Mission Statement before you go to bed and when you wake up in the morning. Share it with your coach and teammates if they can support you in reminding you of it. Come up with your own ideas of how you can incorporate it into your daily life below.