

WomenUp Activity: "Building My Mission and Cultivating Daily Gratitude for Holistic Wellbeing"

Below is a list of additional reflective questions you can use to deepen the exploration of your personal mission and gratitude practice. These questions are designed to help you delve into your values, goals, experiences, and emotions.

Feel free to mix and match these questions during your personal reflection sessions, adapting them as needed to suit your current mood and circumstances. These prompts are meant to guide you toward a deeper understanding of your values, goals, and the everyday moments that contribute to your wellbeing.

Reflective Questions for Your Personal Mission Statement

1. Values & Identity

- What values define who I am, and why are they important to me?
- Which experiences have most profoundly shaped my beliefs and character?
- How do my personal strengths and talents contribute to my sense of identity?

2. Goals & Aspirations

- What goals do I want to achieve in both my personal and professional life?
- What passions or interests ignite my enthusiasm and drive?
- What legacy do I want to leave behind, and how do I want to be remembered?

3. Overcoming Challenges & Growth

- What obstacles have I overcome, and what lessons have I learned from them?
- In what areas of my life do I feel a misalignment between my actions and my core values?
- How can I turn past challenges into opportunities for personal growth?

4. Impact & Contribution

- What impact do I wish to have on my community or the world around me?
- How can I use my unique skills to make a positive difference in the lives of others?
- In what ways can I better align my daily actions with my long-term aspirations?

Reflective Questions for Your Daily Gratitude Journal

1. Daily Moments of Joy

- What small moments today brought me joy or peace?
- Which unexpected events made me smile or feel appreciated?

2. Relationships & Connection

- Who in my life contributed positively to my day, and how can I express my gratitude to them?
- How did I experience connection with someone today, and what did it mean to me?

3. Personal Resilience & Growth

- What challenge did I face today, and what did it teach me about myself?
- What accomplishment, however small, am I proud of today?

4. Mindfulness & Presence

- What did I notice today that I might usually overlook but now feel grateful for?
- How did being present in the moment enhance my appreciation of life?

5. Health & Environment

- Which aspects of my physical or mental health am I most thankful for today?
- What elements of my environment or community enriched my day?

Personal Mission Statement Template

Instructions:

Use this template to reflect on your core values, purpose, vision for the future, and actionable goals. Write openly and honestly.

1. Core Values

List three to five values that are essential to who you are:

- Value 1: _____
 - Value 2: _____
 - Value 3: _____
- (Add more if needed)*

2. My Purpose

In one or two sentences, describe what drives you and gives your life meaning:

- I am driven by: _____
- My purpose is to: _____

3. Vision for the Future

Imagine your ideal future. Describe what success and fulfillment look like for you:

- In the next 5–10 years, I envision: _____
- I wish to contribute to the world by: _____

4. Goals

Identify specific goals that align with your values and purpose:

- Personal Goal: _____
- Professional Goal: _____
- Additional Goal: _____

5. Action Steps

Write down one or two immediate actions you can take to move toward your mission:

- Immediate Action: _____

Daily Gratitude Journal Template

Instructions:

Use this template daily to record things you are grateful for. This practice will help you shift your focus toward the positive and build emotional resilience.

Date: _____

Today, I am grateful for:

1. _____
2. _____
3. _____

Reflection:

How did acknowledging these things make me feel today?

- _____

Additional Notes (Optional):

- _____

Evaluation Form

Instructions:

Please answer the following questions honestly. Your responses will help us improve the activity and understand your commitment to applying what you've learned.

1. Overall Rating

On a scale from 1 to 5, where 1 is "Not useful at all" and 5 is "Extremely useful," how would you rate the usefulness of the Personal Mission and Gratitude Practice activity?

- 1
- 2
- 3
- 4
- 5

2. Personal Commitment

On a scale from 1 to 5, where 1 is "Not very committed" and 5 is "Highly committed," how committed do you feel to integrating these practices into your daily routine?

- 1
- 2
- 3
- 4
- 5

3. Personal Reflection

- a. What aspect of this activity impacted you the most and why?

Open-ended response:

- b. What obstacles do you think you might face when trying to apply these practices in your daily life?

Open-ended response:

4. Support & Suggestions

- a. What additional resources or support would you need to maintain your Personal Mission and Daily Gratitude practice?

Open-ended response:

- **b.** Do you have any suggestions or comments on how to improve this activity in future sessions?

Open-ended response:

5. Specific Commitment

- **a.** Write down one concrete action you commit to taking in the next week to advance your Personal Mission or practice Daily Gratitude:

Open-ended response:
