



Students create a self-mission statement.



Paper for each student; Pencils or pens.

Total Prep Time: 5 mins.



As this is the first Monday of the month, please consider sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
•	Collaboration	•	Social-awareness		Collaboration
•	Creativity	•	Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

GOALS FOR THE WEEK

- Discover our values and what means the most to us so we can build them into our lives
- Find ways to support others as they discover their own “PURPOSE”
- Explore how to create a community where everyone is able to pursue what they want in life
- Understand how “DEFINE YOUR PURPOSE” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”



STUDENT ACTIVITY: **“MY MISSION”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “MY MISSION”

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Have you ever heard of a “MISSION” statement? What is a “MISSION” statement?**
 - Answer: A statement about why an organization exists, what its goal is, and the mission of its operations
- **Why do you think organizations have “MISSION” statements?**
- **Do you think that you could tell someone right now what means the most to you in your life?**
- **What are values?**
 - Answer: Things that are important to how you live and work
- **What are some of your most important values?**
- **How do values tie into discovering what your “PURPOSE” is?**
- **Do you ever feel like you aren’t sure about why you are doing something?**
 - When has this happened?
- **Has there ever been a time when you didn’t want to do something because you didn’t believe in it?**
 - What was this experience like and how did it make you feel?
- **How can knowing your “PURPOSE” and values help you to know what you want to do and why you’re doing something?**
- **Do you think making a mini “MISSION” statement for your life can help you “DEFINE” your values?**
 - How might this help you to “DEFINE YOUR PURPOSE”?
- **Why is it important to “DEFINE YOUR PURPOSE”?**
- **How can “DEFINING YOUR PURPOSE” help you to “GET EMPOWERED”?**
- **How might “DEFINING YOUR PURPOSE” by doing a mini “MISSION” statement help you know that YOU MATTER?**

3) SET UP THE “MY MISSION” ACTIVITY:

- **Explain:**
 - A “MISSION” statement is a statement of the aims and values of a company, organization, or individual
 - These statements help to direct what the company, organization, or person does every day
 - The reason a “MISSION” statement exists is to communicate “PURPOSE”
 - Some of us might feel we know what our “PURPOSE” is and others of us might feel like we need to explore more so we can “DEFINE OUR PURPOSE”
 - Creating a “MISSION” statement is a good place to start as we think about our values and what means the most to each of us
- **Ask:**
 - Can you think of some things and values that are very important to you?
 - Are you ready to use those values to create a “MISSION” statement for your life?

4) START THE “MY MISSION” ACTIVITY:

- **Pass out pieces of paper and pencils or pens to all students**
- **Explain:**
 - Today, we are each going to create a “MISSION” statement that defines us individually
 - This “MISSION” statement will include our values and what we care about in life
 - Our “MISSION” statements might include what we believe in, what we want for our lives, and what we want for the world

- **Read a couple of “MISSION” statements for students out loud so students can explore what they are together:**
 - American Red Cross: The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.
 - Doctors Without Borders: We provide medical assistance to people affected by conflict, epidemics, disasters, or exclusion from healthcare. Our teams are made up of tens of thousands of health professionals, logistic and administrative staff - bound together by our charter. Our actions are guided by medical ethics and the principles of impartiality, independence and neutrality. We are a non-profit, self-governed, member-based organisation.
 - LGBTQ Center of New York: Empowering LGBT people, building strong community. New York City’s Lesbian, Gay, Bisexual & Transgender Community Center empowers people to lead healthy, successful lives. The Center celebrates our diversity and advocates for justice and opportunity.
 - Southern Poverty Law Center: The Southern Poverty Law Center is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the SPLC works toward the day when the ideals of equal justice and equal opportunity will be a reality.
- **Discuss what students hear in these “MISSION” statements, including the organization’s values, why the organizations do what they do, and how they do it**
- **Then, ask students to start writing their own personal “MISSION” statement**
 - Encourage them to include their values, what they love to do, and how they follow through on it
- **Remind students that each of them are different and will therefore each of them will have different “MISSION” statements**
- **Walk around and assist students who may need guidance creating their “MISSION” statements**
- **Allow up to 10 minutes for students to write out their “MISSION” statements**
- **When time is up, as for volunteers to share their statements out loud**
- **Encourage students to hold onto these statements in order to remind themselves of their “PURPOSE”**

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What was it like to write a “MISSION” statement about yourself today?**
- **Did you learn anything new about yourself?**
 - What did you learn?
- **What was enjoyable about creating your “MISSION” statement?**
- **Was anything challenging about creating your “MISSION” statement?**
- **Do you think your “MISSION” statement is going to stay the same throughout your life?**
 - Why or why not?
- **How did creating your “MISSION” statement help you learn about your values?**
- **Which organization’s “MISSION” was the most interesting to you and why?**
- **Do you think you will take a company’s “MISSION” statement into consideration when looking for a job later?**
- **How did creating your “MISSION” statement help you to “DEFINE YOUR PURPOSE” just a little bit more?**
- **Do you feel more confident and “EMPOWERED” from this activity?**
- **How will you use your “MISSION” statement going forward?**
 - How might it be an inspiration to you when you’re feeling a little lost or like you don’t know what your “PURPOSE” is?
- **How did you remember that YOU MATTER today?**
- **What would your life be like if you lived your life by your “MISSION” statement and “PURPOSE” more often?**

- 6) **THANK STUDENTS FOR CREATING THEIR “MISSION” STATEMENTS TODAY. REMIND THEM THAT THEY AND THEIR “MISSIONS” “MATTER”, AND ENCOURAGE THEM TO USE THESE STATEMENTS AS GUIDES AND INSPIRATION GOING FORWARD.**
- 7) **CHALLENGE STUDENTS TO USE THEIR “MISSION” STATEMENTS AS RESOURCES AS THEY LIVE THEIR LIVES THIS WEEK AND GOING FORWARD. REMIND THEM THAT “DEFINING THEIR PURPOSE” ISN’T A ONE-TIME THING, BUT A PROCESS THAT THEY ARE BEGINNING THIS WEEK TOGETHER.**
- 8) **CONTINUE EXPLORING HOW TO “DEFINE YOUR PURPOSE” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Daily Mission Statements:** Challenge students to read their “MY MISSION” statements each day when they wake up in order to inspire their daily actions. Encourage students to make changes to their “MISSION” when things in their lives or they change in any way.
- 2) **Reflection:** Allow students time to reflect on their “MISSION” statements and journal on the following questions: Is this currently the way I am living? How can I live more by my “MISSION” statement? What changes can I make to fit this statement better?

**“MAKE YOUR LIFE A MISSION,
NOT AN INTERMISSION.”**

- ARNOLD H. GLASGOW