



PERSONAL LIFESTYLE PLAN AND PERSONAL MISSION STATEMENT

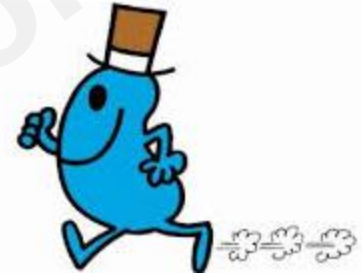
- We sometimes react to stress in a negative way:

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A Personal Lifestyle Plan is to promote quality of life



Sorry I can't I'm **BUSY**



I wouldn't call it procrastination.

I prefer "honing my skills" in the fine art of stalling.



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A Personal
Lifestyle
Plan is to
promote
quality of life

ACTIVITY

1.2

Plan to
promote
quality of
life

What am I already doing?

Improvements or changes?

When?

What am I going to start doing?

Improvements or changes?

When?

A man in a dark suit and white shirt is looking through a black telescope. He is positioned on the right side of the frame. On the left side, there is a vertical stack of smooth, light-colored stones. The background is a bright blue sky with white clouds and a large, faint infinity symbol. The words "MISSION" and "VISION" are written in large, white, sans-serif capital letters, separated by the infinity symbol.

MISSION

VISION

MISSION STATEMENT & VISION

- What is mission statement ?
- Why should we **you** have a personal mission statement ?
- What is vision
- What **impact** can your vision have on your life, your community and society ?

MISSION STATEMENT and VISION

Mission statement :

An expression of your personal views, values, belief system or religion, ideology ,lifestyle and goals for your studies and career choices. It states what you want to achieve and the kind of person you want to be. It briefly states how you will achieve these goals.

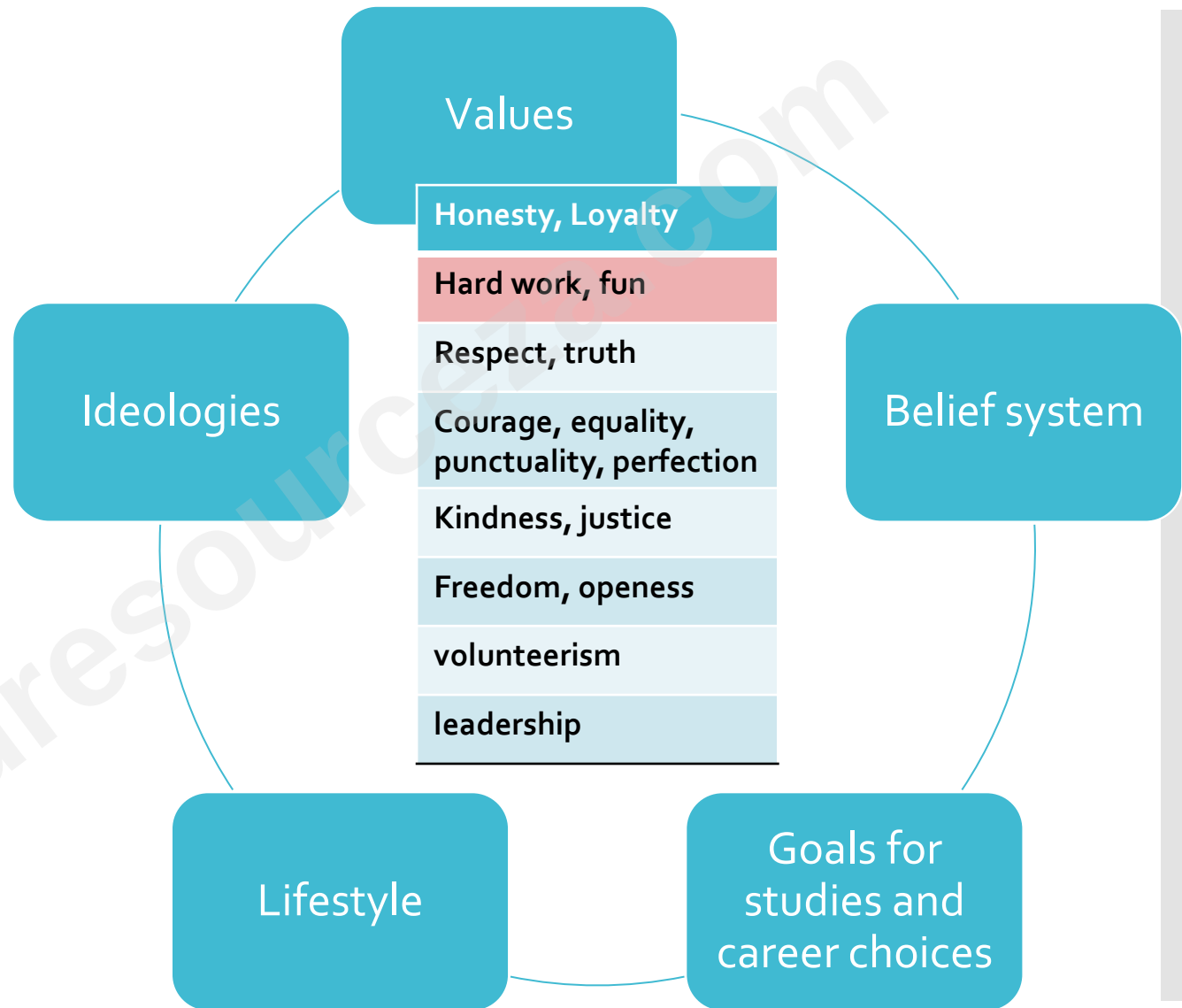
MISSION STATEMENT & VISION

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- **Vision** : your vision is your dream for the future .It gives direction and inspiration .It is confident, positive and ambitious.
- It affects our behaviour and actions
- It drives you to achieve ,guides you, helps you to set goals, and keeps your path to success
- **Vision is a dream! Mission statement is more practical.**

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Aspects to consider when formulating mission statement and vision



MISSION STATEMENT & VISION

Who formulates mission statements?

- Individuals
- Schools
- Companies

MISSION STATEMENTS

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"CREATE THE HIGHEST,
GRANDEST VISION
POSSIBLE FOR YOUR LIFE,
BECAUSE YOU BECOME
WHAT YOU BELIEVE."

OPRAH WINFREY

www.BelindaByfield.com

"THE SECRET OF

CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW"

- Socrates

- Individuals mission statements and vision

Mission statement (Mbali Tshabalala p.167)

Don't be afraid to fail —
**BE AFRAID NOT
TO TRY.**

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Mbhali's Mission statement (18 years old)

- My life purpose is, through the power of various media, to make people aware of the challenges facing young women in Africa and around the world. So I aim to study marketing and communications.
- After I have graduated, I want to travel the world for a year to learn about other people and expand my understanding of issues facing women. I will combine my travels with volunteering to help women and children and environmental causes. My belief system is that I should give back to those who are less fortunate than I am.
- My values include creativity, truthfulness, quality and originality. I will try my best to make documentaries and television and radio programmes that are fair, honest, informative and thought provoking.
- I would like to be a role model for other young women so that they can also achieve their dreams through discipline, determination, hard work and a healthy lifestyle.

MISSION STATEMENTS

What is your school's mission statement?

PARKTOWN HIGH SCHOOL FOR GIRLS

We have a vision of confident, courageous, curious, collaborative and compassionate young women, ready and willing to meet every challenge on the way to achieving their dreams.

Mission

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We shall make this a reality by:

- ★ Providing a dynamic academic, cultural and sporting curriculum
- ★ Encouraging flexible, critical and creative thinking
- ★ Building a powerful synergy of tradition and innovation
- ★ Facilitating the journey of personal discovery through participation and stretching beyond the barriers

Values

In all things and at all times:

- ★ Honesty and integrity
- ★ Respect for self, others and the environment
- ★ Faith and spirituality
- ★ Courtesy and graciousness
- ★ Humility and gratitude

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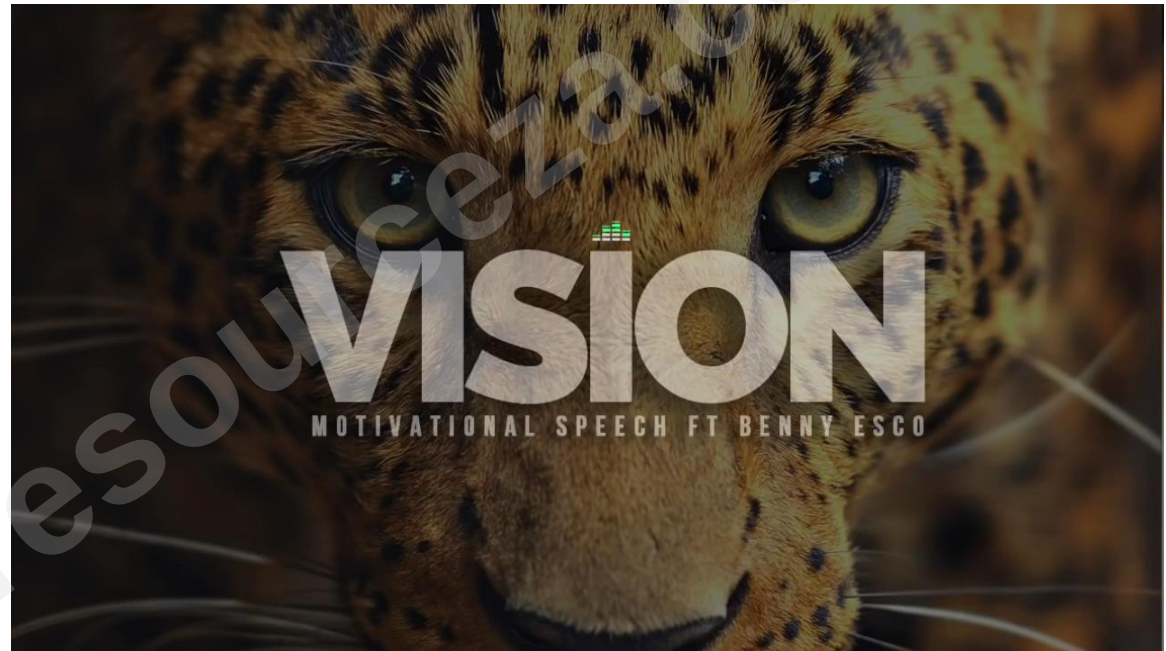
APPLE

MISSION STATEMENTS



Apple is committed to bringing the best personal computing experience to students, educators, creative professionals and consumers around the world through its innovative hardware, software and Internet offerings

VISION : INSPIRATIONAL



LIFE IS NOT
ABOUT
FINDING
YOURSELF
IT'S ABOUT
CREATING
YOURSELF

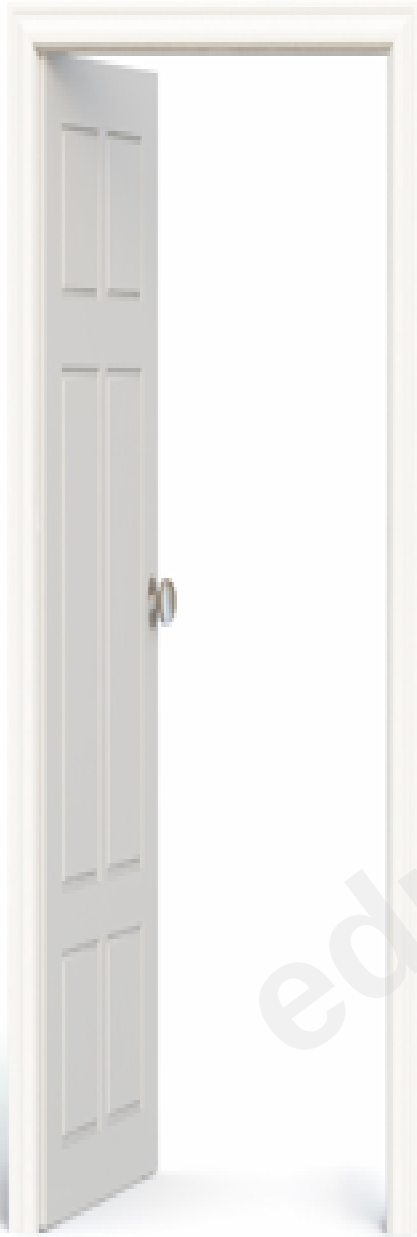
BE AMONGST THOSE
WHO DARE TO
FOLLOW
THEIR
DREAMS



What is your Personal Brand?

- Your reputation when you're not in the room.
- Your personal brand is the **reputation** that you develop over time, or the impression that others have of you.

“Your personal **brand**
is what **differentiates**
you from others.”



Personal brand is what
people say about you
when you leave the room.

- Jeff Bezos, Founder, Amazon.com

**Knowing yourself is the beginning
of all wisdom.**

-Aristotle



**WHAT IS YOUR
MISSION
STATEMENT ?**

FORMULATE YOUR OWN MISSION STATEMENT