

# BOOST HEALTHY PRODUCTIVITY EXERCISES

## MISSION

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HOW DO I CRAFT A MISSION STATEMENT?

## MISSION

The main purpose of doing  
something  
WHY am I doing?

Answer a few questions:

- What do I do today?
- What audience do I want to help?
- What am I trying to accomplish? Why is it important to me?
- What impact do I want to make?

Use this template:

I help "this audience" to get "this result" by doing "these actions."

Your Mission Statement: