

Troost ILead Difference Maker Award

Articulating Your Statement of Purpose
Workbook



Personal Professional Narrative



How do you communicate to others about yourself? What do you choose to place at the forefront? What do you leave out?

- A brief story of you
- Highlight your history, accomplishments, learning experiences, and individual growth points, and vision for future in a coherent and compelling narrative
- A chance to meaningfully link your past successes to your future aspirations
- The act of constructing a personal narrative is a critical factor in how you see yourself and feel about your future goals and aspirations
- Helps your audience construct a memorable impression of you; stories are more engaging than a recitation of facts
- Consider your Statement of Purpose an opportunity to **tell your story**



Reflection Exercise



Steps to develop a personal mission/vision statement:

1. Clarify and define your values
2. Identify your inspiration points
3. Articulate your Future Impact
4. Bring it together into a summary



Step 1: Values Clarification



What are Values?

- Values are a person's principles or standards of behaviour. They are one's judgement of what is important in life. Values are what guide us, and we should trust that they have become part of our lives for a reason.
- Your Character is shaped by your Values. 'Strength of Character' can be considered the degree to which someone's values are aligned with their actions.
- Being clear on your values is key to alignment.

Clarify your Core Values

1. Close your eyes and think about your leadership journey to date, your vision for changes you want to effect, and things you've overcome in your life. Use the subsequent pages of this workbook to reflect on your core values.
2. Read through the core values inventory list on the next page.
3. Choose your top 8 and write them down. *Follow your 'gut reaction'*. If something is not on the list you can add it.
4. Now that you have a list of **8** values, distill this list to **3** core values. This will require you to cross out 5 of the ones you chose.
5. The 3 values you've ended up with are your core values.
6. Spend a moment jotting down why these are core values for you.



Core Values Inventory

Accountability	Dignity	Hope	Patience	Teamwork
Achievement	Diversity	Humility	Patriotism	Thrift
Adaptability	Environment	Humor	Peace	Time
Adventure	Efficiency	Inclusion	Perseverance	Tradition
Altruism	Equality	Independence	Personal fulfillment	Travel
Ambition	Ethics	Initiative	Power	Trust
Authenticity	Excellence	Integrity	Pride	Truth
Balance	Fairness	Intuition	Recognition	Understanding
Beauty	Faith	Job security	Reliability	Uniqueness
Being the best	Family	Joy	Resourcefulness	Usefulness
Belonging	Financial stability	Justice	Respect	Vision
Career	Forgiveness	Kindness	Responsibility	Vulnerability
Caring	Freedom	Knowledge	Risk-taking	Wealth
Collaboration	Friendship	Leadership	Safety	Well-being
Commitment	Fun	Learning	Security	Wholeheartedness
Community	Future generations	Legacy	Self-discipline	Wisdom
Compassion	Generosity	Leisure	Self-expression	
Competence	Giving back	Love	Self-respect	
Confidence	Grace	Loyalty	Serenity	
Connection	Gratitude	Making a difference	Service	
Contentment	Growth	Nature	Simplicity	
Contribution	Harmony	Openness	Spirituality	
Cooperation	Health	Optimism	Sportsmanship	
Courage	Home	Order	Stewardship	
Creativity	Honesty	Parenting	Success	



Step 1: Values Clarification

My Top 8 Values

My 3 Core Values

Why did I choose this as a core value? What does it mean to me?

Step 2: Inspiration Points



What/Who are experiences or people who have inspired your leadership journey?

The people, places and experiences in our lives can serve as points of inspiration, momentum, change in direction, motivation.

1. Write down 3 inspiration points – e.g. an experience you had, a learning moment, a person, or a combination of these.

2. Reflect:

- What was inspiring about these?
- How did they inform your leadership or personal growth journey?
- Which values or characteristics did they have that you admire?





Step 3: Your Impact

Fast forward to 10 years from now. The FASE alumni association is writing a feature about you to celebrate you and your accomplishments.

What impact will they say you made in your journey? Write down 3 things you hope to be true.

Step 4: Summarize



Combine the key themes in your values, inspiration points, and vision to construct a short summary.

“The stars we are given. The constellations we make. That is to say, stars exist in the cosmos, but constellations are the imaginary lines we draw between them, the readings we give the sky, the stories we tell.” - Rebecca Solnit

Your stars are your experiences, your values, your aspirations – make them into a constellation, give them meaning, tell your story.


