

NOTE* Before moving on to this activity, read ["An Oath for New Physicians"](#)

A University of Minnesota Medical School class wrote an oath for themselves as new physicians during their orientation, and administered that oath at their graduation 4 years later. In many ways this can be seen as a (though lengthy) kind of collective mission statement: It declares what they hope to do and how they hope to do it, all while representing the core values they hold strongly to. As you read this collective promise, consider how it touches on the concepts of compassion and resilience and let it inspire you as you think about your own mission in this next activity.

Activity: Developing Your Professional Mission Statement

Contemplating and articulating our personal and professional mission can bring awareness to what drives us and allow for intentionality in our life and, specifically, in our work. It can ground you, motivate you, and help you remember why you entered the profession in the first place. A mission statement sets boundaries, providing clarity and direction in your decisions and actions in life and work – it can even help you face adversity with resolve and perspective, enhancing your resilience in challenging situations. In many ways, job satisfaction and compassion resilience are connected to being able to see that we are fulfilling our sense of purpose – our mission.

A good mission statement is clear and focused, has emotional appeal, and is built to last.

*This is a good time to pull out your "Preparing to Write Your Mission Statement" activity from Section 6.



Step 1: Begin by identifying your core values.

A mission statement should be rooted in core values. You want to be reaching for goals and acting in ways that are congruent with your values. This means, before taking on the task of writing your own mission statement, you must be able to answer the question "What are my core values?"

Begin by developing a list of attributes that you believe best identifies who you are and what you care most about. Once you have completed this step, identify which value(s) is most important to you. You may like to narrow the list down to a few before choosing one or two. Consider how you bring (or want to bring) these values to the profession, and how they may play out in your day-to-day work.

Step 2: Once you have identified your core values, consider the "what," "who," and "how" of your mission statement.

When answering each question, check in with the values you've identified and how they are aligned with your answer. This may help you reflect on the "meaning" of your work and why you entered the profession to begin with.

- What do you do?
- Who do you want to help? (Here is a good place to brainstorm why you do what you do)
- How will you get your desired result?

My mission statement

Tips for your mission statement: use empowering and positive language. The goal is when you see your mission statement it renews your energy and sense of purpose in your work.



After you have written your mission statement it takes intentionality to have this statement influence your daily work. Therefore, it may be helpful to select an object that you can associate with your mission statement. This could be simply your mission statement written out and placed on the wall, it could be a picture, a small desk figurine or toy – get creative! Make it personal and connect it to your mission statement. Then when you see that object, quote, or statement you will be reminded of why you are doing what you do and why it is worth it to continue.

Consider also sharing your mission statement with others in your life. Family, supervisors, colleagues and friends can provide invaluable insights and also serve as a means to holding yourself accountable to your mission statement.