

# Compassionate Boundary Setting to Build Compassion Resilience

## Section 6

### Self-Care Strategy for the SPIRIT – Core Values

## Preparing to Write Your Mission Statement

This activity will help you to prepare for the work of writing your Mission Statement in the Spirit section of the toolkit.

### Why a mission statement?



Creating and consistently revisiting a mission statement that connects your personal and professional life can bring awareness to what motivates us and helps us to be more intentional at work, at home, and in the community. Job satisfaction and compassion resilience are connected to being able to see that we are fulfilling our sense of purpose – our mission.<sup>2</sup>

### How does it relate to setting boundaries?

The content of your mission statement informs your boundary needs. Understanding your unique boundary needs can inform the writing of your mission statement. Since you have now spent time reflecting on and identifying your professional and personal boundaries you can begin to reflect on how these boundaries play a role in your sense of mission or purpose.

### Reflection questions:

1. When considering Helpful Workplace Behaviors you and your colleagues identified, list those behaviors that are important for you to meet the obligations of your job. Then list those that are important for you to feel a sense of purpose in your work.

 Behaviors that help me meet work obligations	Behaviors that support my sense of purpose in my work 

2. Now list words that you notice in the second column (or that come to mind when reviewing that column) that might be important to consider when you write your Mission Statement. Save this list for the Mission Statement activity in the Spirit Section of this toolkit.

<sup>2</sup> Weir, K. (2013). *More than job satisfaction. Monitor on Psychology, 44(11), 39.*