

My Mission, Vision, Values, & Goals

Life has no meaning. This is the answer that existentialism poses to perhaps one of the most innumerously-asked questions throughout the course of human existence: what is the meaning of life? Such a notion tends to fill people with despair, and at face value, this is understandably so. However, existentialist philosopher Jean-Paul Sartre expands upon the idea that although life does not have any inherent meaning or value, we can create meaning through the choices that we make. Part of what I can appreciate about this is the idea that our purpose and path in life are not predetermined. In this paper, as I look intrinsically toward my life and what I hope to create of it, I will first outline my mission, describe my vision of life in five years, detail my values, and finally, list a few of my current goals.

To start things off, my mission in life is “to leave people and places better than I found them”. My mom used to tell me to ‘leave it better than you found it’ when referring to keeping certain spaces clean. However, I have also heard this phrase be used within the context of a life philosophy, and think it is incredibly applicable to how I would like to go about living my life. When I interact with people, I strive to always treat everyone with kindness and respect, and I want those who I am closest to to always feel heard and cared for by me. When I join teams, clubs, classes, future jobs, or anything of the sort, I want to make a positive impact, and make my devotion and hardwork evident wherever I go. In leaving people and places better than I find them, I am putting my best foot forward in every area of life that I can, which is a great way to show love for the people and things around me, as well as for myself.

In terms of my vision for life, five years from now, I picture myself living in Portland, Oregon. I imagine that I am working at Nike headquarters as the Design Lead. I come home each day feeling fulfilled, as my career satisfies two of my biggest passions in life: art and sports. It is

a crisp autumn day, and I stop to appreciate the trees that line my street, their leaves an array of vibrant oranges and reds. I enter my house, and my husband greets me with a cup of coffee for each of us, which we enjoy while debriefing our days to each other next to the fireplace. I love my home because stylistically it is modern, but the way we've decorated it also gives it an overall feel that is quaint and cozy. Our golden retriever rests on the couch nearby, after a long day of looking out the windows and moving from one lounging spot to another. Once my husband and I have finished our coffee, I get ready to take the dog on a run around the neighborhood so we both can get some exercise and take in the fresh pine-scented air. After returning home and showering, I can smell the delightful aroma of dinner cooking downstairs, and I join my husband in the kitchen to help him finish up our meal. To finish out the day, we make ourselves some hot tea and curl up on our couch in the warm lighting of the living room, rain beginning to dot the windows and nourish the lush landscape outside. I go to sleep at night feeling thoroughly content with my life and the idea of doing it all over again the next day.

As I go through this life, current and future, there are a few values that I feel are integral to my way of living. One of these main values is family. I am very close with my family, and prioritize spending time with and caring for them. For example, it was my mom's birthday recently. Between my tasks and homework that week, I crocheted a case for her reading glasses and made her a birthday card, both of which I gave to her at dinner with our family. There was an event with friends that I could have attended that night, but my priority was to be with my mom on her birthday and make sure she felt loved and special. Another one of my biggest values is open-mindedness. I think that in our ever-changing world, it is so important to be receptive to different ideas and perspectives. One recent example of this is that my soccer team just got a new assistant coach, and with how much I adored the personality and coaching philosophy of our last

one, it could be very easy to close myself off to what the new person may have to offer simply because it could be different. However, I am holding myself to keeping an open mind about the change, because I am sure there is a lot of learning and growth that can come from being receptive to his ideas and unique ways of seeing things. The final value that I deem necessary to list is gratitude. I feel that gratefulness of things big and small is crucial to living a happy life. One big thing was when my team won a national championship this past December, and I felt extreme gratitude after it happened, but I also remember getting emotional even before the game when stepping onto the field. I felt overwhelmed by how grateful I was to just be in that moment and have the chance to experience something I had always hoped and strived for.

In addition to how important these values are to me, I feel that setting goals is important in life as well. A few of my current goals are: 1. Graduate from Point Loma Nazarene University in May 2024 with a GPA of 4.0 in Graphic Design, 2. Graduate from Point Loma Nazarene University in Fall 2025 with a Masters in Business Administration, 3. Live in a different state by the year 2027, and 4. Visit a new country by the year 2026.

Each person has a unique picture for their lives. For me, I want to leave people and places better than I found them. I want this mission to drive me in wherever I go today, five years from now, and beyond. In doing these things and living through my values, I will actively be creating meaning in my life as Jean-Paule Sarte describes, as I navigate through discovering what my purpose in life may be.