

# Personal Mission Statement PTSD Worksheet

Name	Date
<b>Self-reflection</b>	
What specific experiences or events have contributed to your PTSD?	
What are your primary symptoms and challenges related to PTSD?	
What do you hope to achieve through your PTSD recovery?	
What values are important to you in the context of your recovery (e.g., resilience, self-compassion, healing)?	
<b>Defining your core values</b>	
Identify your core values by considering what principles are most important to you. Choose 3-5 values that resonate with you the most.	

**Craft your personal mission statement**

Using the information you've gathered so far, write your personal mission statement for PTSD recovery. This statement should be a clear and concise expression of your purpose and goals. It should reflect your values and inspire you to take action.

**Additional notes**