

# CARE-PARTNER MISSION STATEMENT

The Workbook



“We must be true to each other.”  
—Lucy Stone (1818–1893)

Dear Reader,

The following workbook will help guide you and your care partner through the process of crafting your own care-partner mission statement. There is a worksheet and extra space on pages 8 and 9 for you to record your answers and write your statement.

Organizations have long looked to mission statements to provide inspiration, direction, and alignment for customers, employees, and shareholders. Families who have created family mission statements say they can help to provide a sense of comfort and clarity in times of life’s inevitable challenges.

Creating a care-partner mission statement with your care partner highlights what makes your relationship special, gives you the opportunity to discuss what you wish for in your relationship, and can help bring stability, encouragement, and direction as you navigate the care journey together.

For more information about Positive Caregiving, visit [www.positivecaregiving.com](http://www.positivecaregiving.com).

With gratitude,  
The Positive Caregiving Team

# THE 4 SIMPLE STEPS



Identify your shared values



Discuss your partnership goals



Name what matters most to each of you



Craft your statement

# SHARED VALUES

Values are principles or beliefs that we consider to be important in our lives. They often guide our behaviors, choices, and attitudes, and help us make decisions. Values can be influenced by a range of factors, including our culture, upbringing, and personal experiences.

By identifying and prioritizing our shared values, we can create a sense of purpose and direction in our lives, plus make decisions that align with our beliefs and goals. Spend some time thinking about your own core values and discuss them with your care partner. Then identify what values you both share. Some commonly held values are listed below as a guide. Feel free to use these as a starting point or come up with your own.

Honesty	Forgiveness	Innovation
Integrity	Acceptance	Ingenuity
Respect	Open-mindedness	Quality
Responsibility	Creativity	Excellence
Kindness	Curiosity	Customer service
Empathy	Love	Safety
Compassion	Family	Adventure
Fairness	Community	Fun
Justice	Environmentalism	Wellness
Trust	Social justice	Spirituality
Loyalty	Diversity	Personal growth
Dedication	Inclusivity	Professionalism
Hard work	Equality	Generosity
Perseverance	Freedom	Gratitude
Self-discipline	Self-expression	Tolerance
Courage	Education	Awe
Humility	Health	
Patience		

# PARTNERSHIP GOALS

Partnership goals are often viewed as important for building and maintaining healthy and fulfilling relationships. However, specific goals that you prioritize may differ from your care partners based on your values, beliefs, and personal preferences. Communicating your goals and expectations clearly with each other will help you to build a strong foundation for your care partner relationship.

Below is a list of common relationship/partnership goals. Spend some time thinking about your own goals and talk about them with your care partner. Then identify what goals you both share. Some common relationship goals to get you started are listed below.

Trust	Affection	Personal space
Respect	Collaboration	Encouragement
Communication	Teamwork	Motivation
Love	Quality time together	Compliments
Intimacy	Fun and laughter	Equality
Loyalty	Shared responsibility	Honesty
Understanding	Clear expectations	Authenticity
Support	Conflict resolution	Shared goals and aspirations
Connection	Forgiveness	Financial stability
Emotional safety	Acceptance	Respect for each other's families and friends
Partnership	Freedom	A comfortable home environment
Shared values	Independence	Shared household duties
Shared interests	Physical attraction	Consistency
Mutual respect	Intellectual exploration	Mutual respect for individual differences
Growth	Spiritual connection	
Happiness	Personal growth	
Companionship	Intellectual stimulation	
Travel	Adventure	

# WHAT MATTERS MOST TO US

Caring for others offers us a chance to put life into perspective, to reflect, and to reassess what matters to us most. Personal growth is a natural consequence of this reassessment. What are the things that bring you the most fulfillment, satisfaction, and joy in life? Think about how what matters most to you aligns with your values and goals. Specific things that you each prioritize may differ and could have changed over time but knowing what matters most to each other now is important because it can help build trust, inspire shared activities, and foster a sense of well-being for both of you.

Below is a list of common answers people give when asked what matters most in life. Discuss what matters most to each of you at this stage of your lives.

Love	Positive mindset	Empathy
Family	Gratitude	Wisdom
Friends	Forgiveness	Peace of mind
Health	Acceptance	Perseverance
Happiness	Balance	Self-awareness
Faith/Spirituality	Integrity	Kindness
Inner peace	Independence	Hope
Personal growth	Trustworthiness	Compassion
Meaningful work	Emotional intelligence	Art
Education	Personal values	Music
Financial security	Sense of belonging	Writing
Self-care	Good communication skills	Poetry
Giving back to others	Humor	Animals
Nature	Curiosity	Volunteering
Adventure	Open-mindedness	Mentoring
Intellectual stimulation	Responsibility	Wisdom
Creativity	Mindfulness	Continuity
Travel	Diversity	Hope
Cultural experiences	Inclusivity	
Respect for others	Justice	
A sense of purpose	Freedom	

# CRAFTING YOUR MISSION

Now let's put it all together. Using your shared values, goals, and what matters most to you both, craft a short (1 to 2 sentences) mission statement. Some samples are below. It may take multiple revisions to get your own unique statement perfected. When you are done, post your statement on the refrigerator, corkboard, wall, or anywhere you can easily see it, remember it, and reflect on it often.

Sample 1:

*Our care partner mission is to create an environment of love, where we can both honor and celebrate our unique abilities and adapt to the changes in our lives with grace and strength while remembering to savor each and every day as a gift.*

Sample 2:

*Our care partner mission is to always be loving, forgiving, and patient. We will help each other become the best that we can be, laugh every day, be hopeful even in the midst of fears, and let love and kindness guide our journey.*

Sample 3:

*Our care partner mission is to create an environment filled with humor and joy, recognizing that laughter is a powerful source of healing and positivity. We vow to listen to each other's needs and wishes and to keep love at the center of our relationship.*

Sample 4:

*Our care partner mission is to respect each other's abilities, to help each other adapt to changes that may arise, and to continue to flourish in life by focusing on what we can do and what we can enjoy each and every day.*

Sample 5:

*Our care partner mission is to start and end each day with gratitude. We will communicate with empathy, practice forgiveness, keep love at the center of our relationship, and remember to seek what brings wonder, awe and joy in our lives everyday.*

## CARE PARTNER MISSION STATEMENT WORKSHEET

### 1 SHARED VALUES

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### 2 PARTNERSHIP GOALS

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### 3 WHAT MATTERS MOST TO US

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### 4 OUR MISSION STATEMENT

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## Additional Notes



Our mission is to help make caregiving and care receiving a positive experience, a time to savor, and an opportunity for personal growth. Please visit us at [www.positivecaregiving.com](http://www.positivecaregiving.com).

*Parts of this workbook were created with the assistance of OpenAI's ChatGPT.*