

# MISSION STATEMENT MEMENTOS

This Touchstone Journey offering is shared by Windows Facilitator Aaron Mason from REACH LA. "The inspiration for this came from a young father that was participating in an intimate partner violence class that I used to facilitate. The man pulled a small baby sock out of his pocket and shared with the group that it belonged to his daughter. He went on to share that whenever he found himself challenged by habitual unhelpful ways of responding to the world, he would reach into his pocket and touch the sock as a reminder of his mission to complete his classes and utilize the tools gained to be a better version of himself. I immediately thought 'Wouldn't it be wonderful for all of the participants to have a tangible reminder of their personal missions as fathers.'" I invite you to create your own touchstone to ground yourself in your personal mission. This workshop can serve as a wonderful way to set intentions for your healing journey.

**Directions:** 1) Take some time to reflect on your own personal mission statement. This statement can be a reflection of your intentions as a parent, partner, in the relationship with yourself, or any other area of your life that you wish to focus on. 2) Use the lines below to explore your mission statement in words. 3) Use the large circle to envision your touchstone with words, images, symbols, and colors. 4) Using supplies of your choice (glass stones, real stones, fabric, etc) create a durable version to carry with you as a reminder of your commitment to your healing journey. **Family Option:** As an offering for families, stones can be created and exchanged by family members to serve as resources on one another's journey. These can include images, symbols, or words that represent coping skills or simply encouragement for one another.

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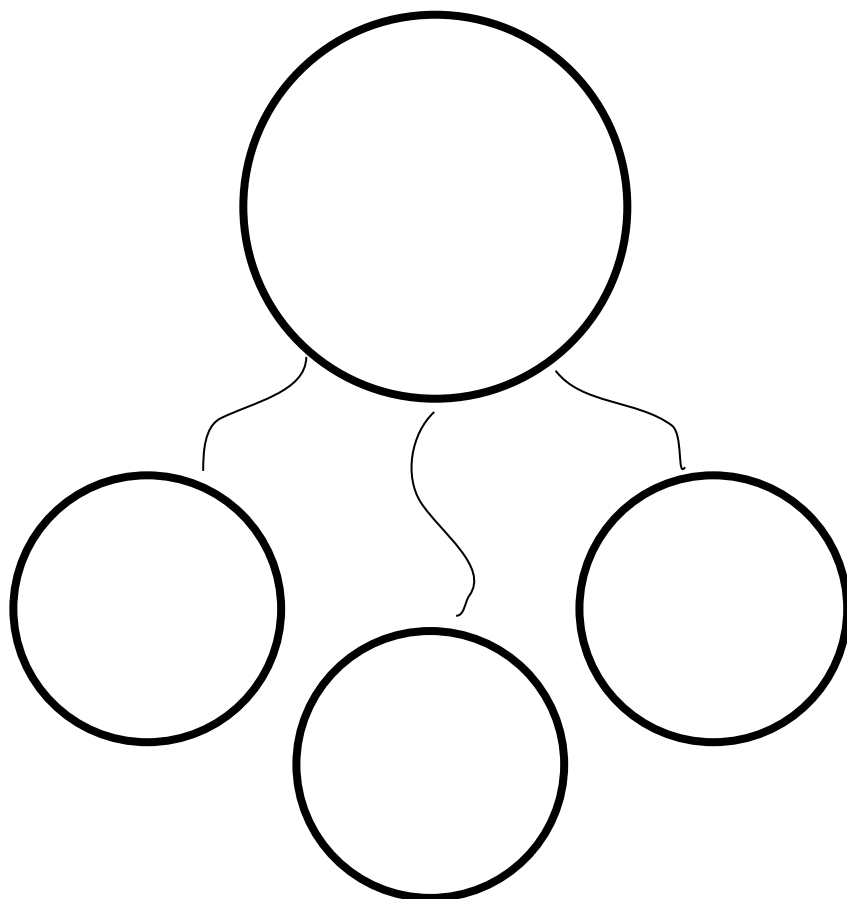
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"The art is not just the stone but the lived journey of connecting deeply with ourselves and each other." — Cathy Salser, Founder, AWBW