Personal Credo/This I Believe

A long time ago, the Greeks thought it was a good idea to self-reflect and try to understand one’s own behavior, morals, and beliefs in order to better understand other humans.

A Personal Credo or This I Believe is a writing piece in which you reflect on what you believe in, things that you stand for, rules that you live by, and explain how these rules define you as a human being.

Before you start, you should think about how others view you. This is called viewing yourself through a different lens. How do other see your personality, your beliefs, and your values? Is what you believe reflected in your everyday actions and thoughts?

Then, write a list of what you believe in. When you go to school, there are rules. When you play football, there are rules. Well, how about having rules for living? What are your rules for living? How do you lie your life in order to make it a better world for you and those around you every day?

Some choose to write their Credo as a list of all the things they believe, and why. Others choose to take one overarching belief and expand on that one idea with many reasons why. Whichever you choose, you definitely need to focus on why and how your beliefs define you – give support to help others believe you.

What do you believe about yourself?

1.

2.

3.

4.

5.

What do your parents believe about you?

1.

2.

3.

What do your friends believe about you?

1.

2.

3.

What do your teachers, coaches, and/or bosses believe about you?

1.

2.

3.

What do you believe you can/will achieve in your life?

1.

2.

3.

What positive things do you believe about the world you live in currently?

1.

2.

3.

What negative things do you believe about the world you live in currently?

1.

2.

3.

What is something you used to believe that you don’t believe anymore? Why?

What do you believe in on a religious or spiritual level?

Is there a particular quote, song lyrics, passage from literature, etc. that inspires you? If so what?

When writing, avoid clichés, unintentional repetitions, predictability. Strive for your own, unique voice in every possible way