Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_

**The Personal Credo**

A credo is a concise statement of one's beliefs and values. A personal credo is one that is created by an individual and not just accepted from other people. It should be clear and specific. When you read it, it should provide you with a stronger sense of self and a stronger sense of purpose. It should express, from your heart, what you stand for. You may use straightforward language or you may choose to be poetic. Your credo statement may simply be a list of what you believe and value, it may be a quotation of someone else's words, or it may be a combination of things. Your credo should be written in a way that is meaningful to YOU.

**Questions to Help You Start:**

What have your primary caregivers (parents, other important adults) taught or conveyed to you, through word and through action, about what matters most in life? (Try to think of three to five things.) Are these things also important to you?

What do you believe is the purpose of life?

What helps you experience a sense of purpose and meaning? When do you feel most happy and fulfilled?

What are some basic beliefs, positive or negative, that you hold about human nature?

List some (up to 10) basic core beliefs or simple truths that you live by. Core beliefs are those that represent your deepest beliefs about life, or principles by which you live.

What qualities do you most appreciate in the following people?

* Your parents or primary caregivers.
* Your ideal life partner.
* The friends you most admire.
* The public figure or role model you most admire.
* The historical figure you most admire.
* The religious leader you most admire.

What core beliefs or values have the most meaning to you, from your own faith tradition? What about other faith traditions that you admire?

**Phrases to Help You Write:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** gives meaning to my life.

I believe… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is how I want to live my life.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sustains me in times of difficulty.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fills me with joy.

My moral code is… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Writing Tips:**

* Create a strong opener. You can’t waste any time; try to connect with your reader immediately.
* Use shorter paragraphs than you usually might.
* Use shorter sentences to communicate clearly.
* Limit or eliminate asides.
* Pick one tone and stick to it.
* Credos are written to be spoken; be dramatic!

**Example:**

**My Personal Credo**

by Alex Yeganegi

Many people look to their faith to guide them; however, religion has never been an important part of my life. My parents taught me from the beginning to believe in a few simple mantras:

First, follow the Golden Rule. Do unto others as you would have others do unto you.

Second, don’t lie, cheat, or steal.

Third, be kind and care for others.

I believe these to be true. I believe that these foundations have guided my life. I believe that although I am not perfect, I live my life in a way that I put others first every day.

I do not believe that going to church means you are automatically a good person.

As an adult, I have realized more personal beliefs.

I believe that knowledge is important to life. We should all be life-long learners, for there will never come a time when I know everything there is to know.

I believe that knowledge is power, is wisdom. People with knowledge are the ones who will make this world a better place.

I believe that first impressions are usually true, and I should trust my instincts. When people show you who they really are, trust them the first time.

I believe that I am one tiny person in a very large and complicated world. I believe that seeing as much of the world as possible will help me grow.

I believe that all people are capable of doing the right thing, capable of being kind. I believe life is too short to spend time with people who suck the happiness out of you. I believe that it is better to have three true friends than to have thirty fake ones.

I believe in asking for help and learning to say no.

I believe in listening to people and making sure they know I hear them.

I believe that my purpose in life is to serve others and be a counselor and supporter for those in need.

I believe that what lies behind us is no matter; what lies ahead of us is the most important.