

# PHOENIX TRAINING GROUP

## CREATING YOUR OWN PERSONAL CREED

### **Personal Philosophy**

Every person has a personal philosophy, consisting of some rules adopted from one's parents, culture, religion, acquaintance, etc.

### **Goals**

The key in writing your goals is to make them not measurable, but motivational, attainable, relevant specific, and track-able. Goals need to be written for each of the ten critical areas of life to include: Personal, Health, Recreation, Family, Friends, Community, Career, Financial, Household and Spiritual.

### **Mission Statement**

A mission statement is a declaration of who you are and what you intend to achieve or represent during the journey of life.

### **Core Values**

Our values act as our compass, guiding us through life's terrain. One certain way of knowing that you are living in accordance with your values is by clearly defining guidelines and measurements for that value and living your life accordingly.

### **Code of Ethics**

Words quietly influence our attitudes and opinions. Codes of conduct and pledges all reflect an effort to make sense of things, to organize behavior, to better understand ourselves and develop a reason why we exist, while at the same time dedicating ourselves to living out the answer we arrive at through centered living.

### **Legacy Statement**

Your legacy serves as your life's defining statement. It serves a twofold purpose. First it provides an overarching framework for all mission statements and goals to follow. Secondly, it answers the important question, "What do I want to be remembered for?"

### **Center Check:**

On a regular basis, you should pause to evaluate your progress, where you excelled and where you may have fallen short of your expectation, based upon the goals for yourself and your personal identification of who you are, vs. who you wish to become. This serves as an opportunity to reassess and redirect your values, as well as setting new challenges for your future self, while appreciating your current self.

### **Personal Creed**

This is a combination of all of the elements listed above. Once you have established the answers to them all, then you can develop your own Personal Creed, or saying that represents who you are and what you believe in, in one sentence, based upon all you are made up of and what you want people around you to know you for. Have a strong Personal Belief in yourself and those around you will emulate your value.

