# Personal Creed Reflections and Presentation

# *Abbreviated “14 Sentence” Version*

#### **Short Creed Reflection I – Your Influences and Inspirations**

1) Brainstorm three influences that have strongly influenced or inspired you, and left an imprint on your life. If possible, think of . . .

* One or two people and
* One or two circumstance(s) or experience(s)

Still brainstorming, if possible, make your choices so that of these three influences . . .

* two have affected you positively and
* one has been a less positive, even a negative influence.

**2) Now write:** For each of the three influences, write:

* **one sentence** summarizing how the person or experience **has affected you**;
* **a second sentence** reflecting on what **value(s) or principle(s)** this influence represents to you, or **stands for** in your mind. **Optional:** See “Some Values,” next page.

### **Short Creed Reflection II – Most and Least Valued**

**3)** Which of your three influences in Step I do you ***most* value** or **admire**?

* Write two sentences explaining why.

**4)** Which do you ***least* value** or **admire**?

* Again, please explain why in two sentences.

**5)** Reflect on your Step II choices of most and least admired influences. What do these choices suggest about what you yourself **value**, or **stand for** in life?

* Write one sentence in response.

#### **Short Creed Reflection III – I Stand For This**

**6)** Consider what you wrote in Step II. Judging by these reflections, and by those people and projects that claim your greatest loyalty in life, what do you **stand for**? Or, if this helps focus your thoughts, what values **would you like your *children* (or grandchildren) to stand for**?

* Write three sentences in response. (**Optional:** consider the list of possible values, next page.)

#### **Sharing – Presentation**

**7)** In a 2-3 minute FlipGrid post, share your reflections from Step II, **the influences you most and least admire,** and Step III, **the values your reflections suggest you stand for**.

**List of Values** (draft, may need revising)

Values are best discovered and owned by reflecting over time on our life experience. Here is a list you can scan through to identify values you may choose to own. The list is not exhaustive. Let me know as you find others I could add. As you read through the values, notice which ones you intuitively respond to, and/or seem to connect to your reflections so far in this project.

Acceptance

Accessibility

Adventurousness

Affection

Authenticity

Authoritativeness

Availability

Balance

Beauty

Commitment

Communicativeness

Compassion

Confidence in self

Confidence in people

Courage

Creativity

Decisiveness

Dependability

Devotedness

Discernment

Earnestness

Empathy

Encouragement

Enthusiasm

Fairness

Faith

Forbearance

Forgiveness

Fortitude

Freedom

Friendship

Generosity

Gentleness

Genuineness

Goodness

Good cheer

Graciousness

Gratefulness

Happiness

Honesty

Honor

Hope

Humility (humbleness)

Imagination

Immunity to

disappointment

Imperviousness to   
 persecution

Inclusiveness

Independence

Inquisitiveness

Integrity

Joy

Justice

Kindness

Leadership

Light

Listening

Love

Loyalty (to others)  
Loyalty (to values)

Mercy

Nobility

Openness

Optimism

Originality

Piousness

Poise

Patience

Peace

Perfection

Perseverence

Practicality

Prudence

Rationality

Reason  
Reasonableness

Resilience

Resoluteness

Respect

Reverence

Righteousness

Selflessness

Self-Control

Service

Sincerity

Spiritual power

Stability

Stamina

Steadfastness

Strength

Sympathy

Tenderness

Tirelessness

Tolerance

Trust

Truth

Understanding

Unity

Uniqueness

Untouched by failure

Willingness to sacrifice for the

greater good

Wisdom