

# My Personal Creed

by



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# Part 1: My Philosophy of Life

## My Foundational Belief Statements:

1. I believe in a power greater than myself. A supreme being who will assist me throughout my life.
2. I believe in striving to do the right thing at all times.
3. I believe that there are many pathways to reach my highest potential.
4. I believe that I can progress in my life to become whatever I desire.
5. I believe I have great possibilities as I work smart and hard.
6. I believe I must prepare myself to become a worthy provider for my family.
7. I believe in good health and mental well-being. I must exercise my body and my mind. In doing this I will be positioned to succeed in other aspects of my life.
8. I believe that education is essential to success. Education gives me the tools to progress and succeed in my life.
9. I believe that opportunities exist where I am. I must look for these opportunities and not be afraid to seek them out.
10. I believe that life experiences are personal teaching moments. When I 'fail', it is an opportunity for me to learn, to try something different, and to find ways to do better in the future. Failure is a part of progress. I must learn from my failures so that I not make the same mistakes again.
11. I believe that gratitude is the greatest of all virtues. I need to be thankful for all of my many blessings.
12. I believe that life is to be enjoyed.

## Part 2: My Mentors

I have many mentors in my life. Some are permanent and others help me understand the answer to a specific question in the moment I need it. When I have a question or need to understand about something, I consult:

1. I have learned to use the help of the Internet. I understand that everything I find there is NOT 100% accurate so I will use it for a baseline perspective. I will find reliable resources.
2. I want to include the perspective of a person whom I trust. A person who has learned by EXPERIENCE the subject in which I am interested.
3. For very important questions, those that have a profound consequence, I will look for information and the perspective of two or more individuals.
4. I will pray and meditate to find answers and solutions best suited to my situation.

### My Mentors:



Teachings/Lessons I have and I am learning from them:

- I can set goals, achieve them and hope to have a better life
- Education will be the best investment into myself
- I must continue to learn and study all my life
- I can set goals and achieve them if I put my mind and heart to it
- I must focus on my possibilities
- I must learn from my mistakes and from the experience of others
- I need to marry someone who is a true and loyal friend

# Part 3: My Strengths & My Weaknesses

## From My Social Mirror - How Others See Me

### **My Strengths Are:**

- I am a compassionate and caring person
- I am a hard worker and I finish everything I do with quality
- I show confidence in what I do
- I know how to joke without hurting the feelings of others

### **In general, most people notice that my two main strengths are:**

- I am a good and effective leader, but I keep an attitude of humility
- I am an example of overcoming great challenges

### **Suggestions to improve my life**

- I should be less worried about what others think of my decisions

According to the DISC Survey my tendencies are "S" and "D"

### **"S" (Stable and Support)**

- Very loyal. Considered by the majority as a friend.
- Excellent listeners. Accept others without prejudice and want relationships to be stable and happy.
- They like people, but especially in small groups to have happy memories and warm feelings.
- Systematic. Territorial. Possessive. Doing things, the same way, at the same time, without variation. Likes routines.
- They like the same thing and need time to think about the change.
- Feel fear of loss of security, change or the unknown.

### **"D" (Dominant or Director)**

- Very egocentric. Likes others to say 'good work' even though they always feels that they are not achieving or accomplishing anything.
- Very goal oriented. Does things quickly. Like things to be completed
- You want to change and like to try new approaches. Likes risk and challenges. Is brave.
- Needs direct answers. Prefers summary answers to the questions and not long detailed information.
- Is afraid of losing control or that others take advantage of them.

# Part 4: My Principal Values

## God is of great importance to me

- I am connected with God and live according to my beliefs
- I meditate and pray twice daily
- I mentally pray at every opportunity or need that I have
- I pray to thank God for my blessings
- I understand that when I pray, I talk to God and He speaks to me
- God is present in my life because I live in such a way that I deserve help and constant company
- I understand help can come from God through other people



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## My Future Spouse

- Although I do not know him, I live in a way that is loyal to him and I want to prepare myself to be able to provide for my future family
- I pray for them now so that they can become their best 'self' and become educated so he can do good in the world and provide an example of progress for our children
- The decisions I make now impact my children and grandchildren



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## My Family, My Parents and Siblings

- I love my family
- Though my parents are not educated, they have sacrificed much for me so that I can become educated
- I ask my parents for advice
- I am grateful towards my parents for their sacrifices



## Personal Progress: I am a person of constant progress

- I always feel like I'm making progress in my life
- In the moments when I fail, I decide to do something to correct my path and return to the path of progress



## Physical Health: I have excellent health

- I do between 30 to 60 daily minutes of exercises
- Weight between 110-118 pounds
- I eat fruits and vegetables daily
- I consume clean water at every opportunity
- I avoid sodas or soft drinks that contain sugar



## Education: I'm always learning

- I want to achieve two educational certificates this year
- I look for and take a personal development course every month
- I want to read an educational article every week to improve my knowledge about owning my own business



## Finance: I'm focused on being self-sufficient

- I have sufficient money and resources to meet my needs and the needs of my family
- I pay a full tithe to God
- Saving a portion of my earnings every month
- I avoid personal debt
- I pay my expenses on time
- I help, encourage, and inspire those around me with principles to achieve their financial goals.



**Social: I think and communicate with my friends**

- I send a text to keep in touch with my best friends
- I send 'thank you' messages
- I remember anniversaries and birthdays of my special friends
- I check Facebook and WhatsApp daily for 10 minutes



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**Professional: I am a valuable employee**

- I arrive at work on time
  - I give of my time honestly
  - I am honest with my employer and also my customers
  - I complete the work tasks that are given to me on time
  - I take pride in my work and want to always give my best efforts
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# Part 5: My Goals

## a) “A Goals” (My Daily/Weekly Goals)

- Meditate and pray
- Read uplifting and motivating material
- Review my “Personal Creed”
- Call my parents weekly
- Exercise for 30 minutes a day
- Review Facebook and WhatsApp with a 10-minute daily limit
- Create a “To Do” list and make sure the items reflect my Personal Creed.
- Complete a short course online

Today: Create A “TO DO LIST”

## b) “Z Goals”

- Meet a King, Queen, or Prince or Princess
- Visit the Grand Canyon
- Sing on a stage in front of a crowd
- Save some one’s life
- Help the police arrest a criminal
- Fly as a co-pilot
- Be the president or leader in a service group



# Part 6: Energizers

## a) 'My Heroes' Who Have Helped Me See A Brighter World

- My Parents: My parents have great hope for me. They have sacrificed themselves for my benefit. They have taught me the importance of lifting myself through hard work. They have taught me the value of being of service to others around me and that my life is not just about me.
- Mr. Shotki: He is very positive and shows confidence in my ability to become a successful businesswoman. He is straightforward in his communication and always encouraging.
- Dr. Susan: She helped me overcome a challenge of how I feel about myself and my potential. My attitude toward life was preventing me from progressing.

## b) My Switch Points (Instructive Experiences)

- When I completed my educational certificate from Mentors International.
- The speech given by Mrs. Ann: I felt motivated to become the best I can become. I have a greater desire to also find and help others understand what they can become. I want to marry an educated man who will be loyal to me and our children.
- Completing the Keystone Course
- I realize that I have such great capacity. I must visualize my potential, set goals, and achieve them. I must help others do the same.

## c) I Forgive

- I forgive the long history and cultural system which has held me back from my dreaming of a bigger and better tomorrow. The system is not at fault. It came from a belief system which was rooted in another day and time.
- I forgive myself for not seeing my potential sooner. I am grateful that my vision has changed.



# Part 7: My Song

Being a woman means living and loving yourself just as you are. When you look at yourself in the mirror to tell yourself how beautiful you are. No one has any right to tell you otherwise. As women we must value ourselves.

I want to be remembered as a happy, helpful, charismatic person, who always thought positively when looking for a solution to a problem, who did not like injustices, that stood up for others, and encouraged others to be their best self.

I love the following quotes by Mahatma Gandhi which are verses of my song in life. They inspire me

