



YOUR PERSONAL PRINCIPLE DECLARATION

Defining the principles, you choose to live by will help you stay on track and focused when life (or business) throws you a curveball. Having specific principles in place will help you bring you back to your grounded, vision-oriented self.

Defining Your Principles

Take 10 minutes to write out as many principles or ideals that you value in people you know and look up to or respect. Once you've written down EVERYTHING, narrow those principles down until you have 5 solid, simple, strong principles that truly resonate with you. Write those principles on a notecard or print them off; keep them in your wallet. Read over them often. And when things get tough (because they always do) hold yourself to the principles you've defined for yourself.

These considerations will assist you are to develop 5 statements that declare who you are and what you stand for in your life- especially in the toughest moments.

This isn't a wish list; it's not a few nice thoughts you'd maybe/sort of like to embody.

This is searching deep within yourself to define the truths that you believe are key to being great.

With these 5 statements you are declaring to yourself and the world what exactly you stand for and live by, no matter what comes your way.

STEP ONE: Write down the 5 people you admire most in this world. These can be people you know personally, athletes, scientists, or even prominent figures in history.

* Note: Understandably so, many of us look up to our parents. However, for this exercise choose other individuals you admire.

LORRAINE DAVERSA, MFT

1

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STEP ONE (continued):

- 1.
- 2.
- 3.
- 4.
- 5.

STEP TWO: Now take 30 seconds per person to list adjectives or qualities about each of them that describe why you admire them.

- 1.
- 2.
- 3.
- 4.
- 5.

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2

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STEP THREE: SOME QUESTIONS TO EXPLORE:

Are there any recurring qualities or adjectives?

Are there any themes or ideals that stick out?

Are there any qualities that you already feel you encompass?

Are there any qualities that you feel you definitely do not possess, but would like to?

What are adjectives or qualities you hope that people see in you?

Jot down any other notes or things you want to explore:

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3

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STEP FOUR: Take this page to write out as many principles or ideals that you might include in your Personal Principle Declaration “PDP”.

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STEP FIVE: Once you've gotten everything on the page, narrow your list down until you have 5 solid, simple, strong principles. Write those principles on a notecard or print them off; keep them in your wallet. Read over them often. And when things get rough (because they always do) hold yourself to the principles you've defined for yourself.

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- 1.
- 2.
- 3.
- 4.
- 5.

Need an example? Here's my PPD:

1. I envision and endeavor to express love and be grateful for who I am, my family, friends and acquaintances, and life's experience opportunity.
2. I envision and endeavor to listen, acknowledge, celebrate and support others.
3. I envision and endeavor to always do and give my best as I strive for excellence and gratitude.
4. I envision and endeavor to be of service to others and the world at large.
5. I envision and endeavor to create a win/win with everyone and everything I do.

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5

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