

# PERSONAL PHILOSOPHY

A Personal Philosophy is a short, memorable statement that articulates your guiding principles in life. It serves as a compass to help you navigate decisions and make choices that keep you in alignment with what's most important to you and how you want to show up in the world. The following pages will guide you through the process to craft your Personal Philosophy.



**FINDING MASTERY**

# LET'S EXPLORE

We've designed a series of exercises to help you explore what matters most to you. Each exercise brings a new perspective, helping unlock insights and reveal underlying patterns. This is about getting to the core of who you are. Take your time, stay curious, and be open to what you discover.

## Meaningful Experiences:

Reflect on the experiences, accomplishments, or moments that have given you the deepest sense of fulfillment and describe why each one holds unique significance for you.

01

## People Who Inspire You:

Reflect on those who inspire you, and identify the qualities or behaviors that stand out. Consider why these traits resonate with you and describe what makes them so admirable.

02

## What Energizes Me:

Reflect on the moments, situations, and experiences where you naturally feel alive and energized. Explore why.

03

## Living Out Of Alignment:

Reflect on a time when you acted in a way that felt out of alignment with your core beliefs or values. What were the circumstances, and how did you feel?

04

## Inspired Ideas:

Write down quotes, lyrics, and phrases that resonate with you, spark inspiration, or remind you of what's important.

05

# WHAT MATTERS MOST TO YOU

Let's take a step back and identify the themes that came up during this exploration so far. Take a few minutes to review your answers and identify recurring ideas or underlying values that have emerged from your previous reflections. As you review, if there is something missing for you when you consider what matters most to you - write that down as well.

**What themes do you notice?**

Now, circle or highlight 5 words or phrases from above that best captures what matters most to you.

# CLARIFYING YOUR VALUES

Taking the previous themes you identified, craft 5 value statements. Write each in the form of "I value X because of Y".

I Value:

Because:

I Value:

Because:

I Value:

Because:

I Value:

Because:

I Value:

Because:

# UNDERSTANDING YOUR FIRST PRINCIPLES

To turn your value statements into first principles, refine each one into a concise, powerful phrase that captures the essence of what you value and why it's important to you.

Your goal is to create something that feels clear, personally motivating, and unique to your values, something that you can easily remember and live by.

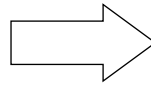
Start by reviewing your value statements from the previous page and translate each into a first principle.

## Example

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### Value Statement:

"I value creativity because it allows me to think outside the box and solve problems in innovative ways."



### First Principle:

"Innovation through imagination"

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## FIRST PRINCIPLES

01

02

03

04

05

# WHAT'S YOUR PERSONAL PHILOSOPHY

The next step we'll take is to work on crafting your Personal Philosophy.

A Personal Philosophy is a memorable statement that articulates your guiding principles in life. It serves as a compass for your thoughts, words, and actions and helps you make decisions and choices in alignment with what's most important to you.

Review your first principles, your values statements, and what matters to you most. Begin to reflect how these guide your decisions, actions, and interactions with others.

Summarize these connections into a concise, powerful statement that is meaningful to you and easy to remember.

## Personal Philosophy

### Coaching Corner:

The first few times you attempt to write down your personal philosophy there might be too many or too few words - that's okay, keep working with it. Each word should hold deep meaning for you. Your Personal Philosophy can evolve as you grow and encounter new experiences. It should remain flexible enough to adapt while staying true to you.

### Personal Philosophies can take many forms! For example:

**"Every day is an opportunity to create a living masterpiece."**  
-Finding Mastery Founder, Dr. Michael Gervais

**"Creating connection."**  
- Finding Mastery Mindset Coach  
& Olympian, Caroline Burckle

**"You matter. Be brave. Be kind. Be curious."**  
-- Finding Mastery Mindset Coach  
& Olympian, Sarah Straton