**CRAFTING A PERSONAL DECLARATION**

**A personal declaration captures the essence of who you are. It says something about the real you when you are most fully being yourself. It is**

**not an aspirational idea to strive toward; it is a truth statement about what is already true that you can align yourself with over and over again.**

**A personal declaration is practically helpful in every aspect of life. It is the place you can go to when you doubt yourself or think you do not**

**know what to do. It is the way through criticism and adversity. Rehearsing your personal declaration is like coming home.**

**Use these prompts and the table on the reverse side to brainstorm about who you are at a fundamental level. Revisit it several times and let**

**the exercise produce more thoughts. Look and keep looking. The process will be generative as you continue to think and record ideas.**

|  |  |  |
| --- | --- | --- |
| **I am . . .** | **I bring . . .** | **I value . . .** |
|  |  |  |

***To know yourself, you need a little distance. You need to be a step or two away and***

***be able to notice what you are doing without being so lost or involved in it that you***

***can’t see it. It’s like trying to see your eyes. If you want to see yourself, you need to***

***create some space, you need a mirror. Pausing is the mirror.*** ― **Eric Overby**

Use the columns below to identify different roles you have in life (employee, partner, volunteer, child, parent, etc.) Then list in each column who you are and what you bring when you are in that role. Revisit the table several times to see what else you might add. Then look for common themes across the columns.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |

***When you don’t know yourself, who you are and what you want, you just***

***become a product of your environment – a leaf that gets blown each and***

***every way until it just lands, in a big pile of mud, and gets stuck.*** **― Evan Sutter**