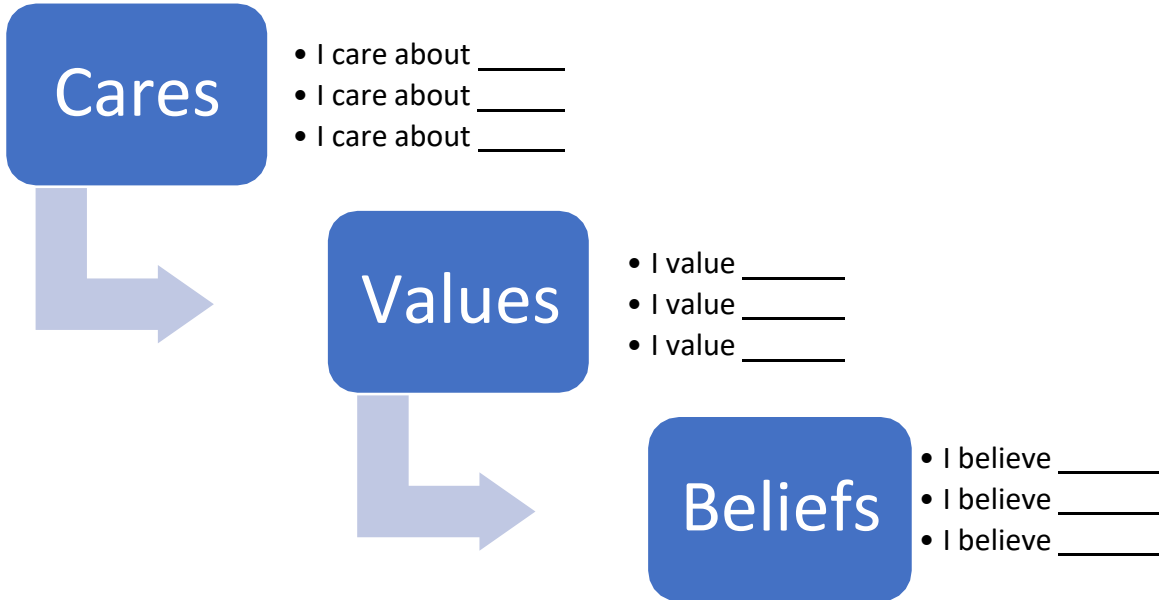


Fill in at least 3 things for each area, in order:



**Notice**

- How do your actions and beliefs align?
- What do your actions say about your beliefs?
- Where do your actions/decisions need to align with your values/beliefs better?

**Develop**

- Put your discoveries into bullet points
- OR find four “pillar” words that serve as your guiding foundation
- Develop statements that can serve as guiding principles

**Refine**

- Now that you have your creed, post where you can refer to it
- Revisit it periodically. What's working? What isn't? WHY? Keep it real. Keep it current. The more closely your actions align with your real, deep cares, values, and beliefs the less dis-ease you'll have in your life.