

SEVEN-POINT CREED EXERCISE:

Most of us have some set of values that we use as a guidepost to live our own lives, to guide our children, and to influence our associates.

Take a few minutes to define your values – those simple rules aimed at how you conduct yourself in life – the foundation for your principles – that shaped who you are and what you believe today.

Use these values to develop your own creed that you could put on a card and share with those you care about most.

MY SET OF VALUES	MY CREED