

ACTIVITY: Your Personal Commandments

Purpose

- Knowing what is important to us – what we value and what gives our lives meaning – is essential to resiliency.
- Many activities that guide us to clarify our values have participants choose their “top” values from a long list that includes things like honesty, loyalty, patience, respect, etc. While this can be beneficial, it can be very difficult to choose just a few core values from a long list of things we believe.
- Creating a list of personal commandments can be an easier, creative way to clarify our values and identify the guiding principles for how we want to live our lives.

Try This!

- Create your own list of personal commandments. These shouldn't be “to-dos”, but rather statements that act as reminders of what is important to you and how you want to live.
- Gretchen Rubin, author of *The Happiness Project*, recommends thinking about phrases that have stuck with you when you are creating your own list. For her, these included “Enjoy the process” and “Be polite and be fair.” See Rubin's website at the link below for more ideas.
- Other examples of personal commandments include:
 - Go outside everyday
 - Take responsibility for my own happiness
 - Smile at strangers
 - Confront my fears
 - Finish what you start
 - Put it into perspective
 - Remember that everyone is fighting a hard battle
 - There is no time like the present
- Post your list somewhere you will see it on a daily basis.

To Be Happier, Write Your Own Set of Personal Commandments. Gretchen Rubin.

http://gretchenrubin.com/happiness_project/2012/02/every-wednesday-is-tip-day-this-wednesday-four-tips-for-writing-your-personal-commandments-im-doing-a-happiness-pro/

The Happiness Project. (2009). Gretchen Rubin.