



THE SCHOOL
of
GREATNESS
ACADEMY

**Personal Principles
Declaration
(PPD)**

These worksheets are to help you develop 5 statements that declare who you are and what you stand for in your life- especially in the toughest moments.

This isn't a wish list; it's not a few nice thoughts you'd maybe/sort of like to embody.

This is searching deep within yourself to define the truths that you believe are key to being great.

With these 5 statements you are declaring to yourself and the world what exactly you stand for and live by, no matter what comes your way.

BONUS EXERCISE:

Take a second to write down the 5 people you admire most in this world. These can be people you know personally, athletes, scientists, or even prominent figures in history.

***Note:** a lot of us look up to our parents, but steer clear of them for this exercise.

1.

2.

3.

4.

5.

Now take 30 seconds per person to list adjectives or qualities about each of them that describe why you admire them.

SOME QUESTIONS TO EXPLORE:

Are there any recurring qualities or adjectives?

Are there any themes or ideals that stick out?

Are there any qualities that you already feel you encompass?

Are there any qualities that you feel you definitely do not possess, but would like to?

What are adjectives or qualities you hope that people see in you?

Jot down any other notes or things you want to explore:

Take this page to write out as many principles or ideals that you might include in your PDP. Once you've gotten everything on the page, narrow your list down until you have 5 solid, simple, strong principles. Write those principles on a notecard or print them off; keep them in your wallet. Read over them often. And when things get rough (because they always do) hold yourself to the principles you've defined for yourself.

MY 5 PRINCIPLES

- 1
- 2
- 3
- 4
- 5