

# THIS IS

# OUR CREED

## GUIDING PRINCIPLES FOR THE BADASS WOMAN

This is what we believe and stand for. If you want to fully commit to kicking your life up a notch or just discarding the old and building a something completely new, pledge to incorporate this code of ethics into your daily life (or write your own as you see fit).

## OUR CREED

### I ACKNOWLEDGE AND HONOR MY INNER STRENGTH AND POWER.

I have a limitless well of courage, strength, and power deep inside, and I seek to harness and use it more and more each day.

### I ACCEPT WHAT IS.

I celebrate diversity and uniqueness and accept things as they are. I do not judge or condemn. I allow others choose their own paths and learn what they need to learn from their choices.

### I QUESTION THE STATUS QUO.

I investigate and question the status quo so I can decide what's true for me. I don't blindly accept the beliefs, opinions, and expectations of others.

### I DO THE HARD STUFF.

To live a life true to my own ideals can be hard, but I embrace difficulty. I know that the greatest treasures in life are the ones that are tough to obtain, hard to reach, and lie outside my comfort zone. I forgo the easy path and run toward the arduous one. I can do the hard stuff.

### I AM WILLING TO FAIL AND BE MISUNDERSTOOD.

No trailblazer has ever accomplished something perfectly on the first try, and I know I must fail many times before I succeed. I embrace failure and ridicule as it tells me I'm on the right path. I learn, adjust, and never give up.

### I STAND AS A BEACON, SO OTHERS CAN RISE AND SHINE, TOO.

As I live a life true to my own values, desires, and needs, I become an example that encourages others to do the same.

### I RECOMMIT EVERY DAY.

My life is the sum of the tiny choices I make in each moment of now. In each new moment, I commit anew to strengthen and utilize my independence, responsibility, and personal power.

### I ACT TO TURN PHILOSOPHY INTO KNOWLEDGE.

Others share their philosophy, but until I act, feel, and internalize something, it is not my knowledge. Every day, I make an effort to take action and discover what's right for me. I avoid passively absorbing the ideas and beliefs of others.

### I GIVE EVERYTHING I'VE GOT.

I realize life is short and it will be gone before I know it, so I make every day count. No matter what I do, I give it 110% of my focus, time, and energy. I live each moment fully so that, in the end, I overflow with experiences, memories, and wisdom.

### I TAKE FULL RESPONSIBILITY.

I take full responsibility for everything in my life. How I feel, what I have or don't have, and what I do are my responsibility, not someone else's. While it's easy to place blame elsewhere, I take full control and ownership over my life and its outcomes.

## A PLEDGE TO PROGRESS ON THE PATH

Today I rise up and commit to embodying these principles. I diligently take time each day to live more boldly and courageously. I reclaim my power and become an example so that every girl and woman sharing this planet with me will recognize and seize her own inner strength and power.

As our individual lights shine brighter and merge together, we elevate humanity and radically transmute our world.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

