

Writing Activity: My Credo

Directions: Religions and professions often publish credos, or creeds, that state their fundamental beliefs and the principles that guide their actions. For example, the following is the first principle of the American Medical Association’s Code of Medical Ethics: “A physician shall be dedicated to providing competent medical service with compassion and respect for human dignity.” Evaluate what you believe and then write a credo, or statement of belief, entitled “Suitable for Framing.”

Use the chart on the following screens to help you develop your credo.

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Crises or difficulties I have experienced:

What I learned from the difficulties I have lived through:

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Cause(s) I would be willing to support:

My credo:

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To create a credo

- brainstorm a list of your beliefs in four categories: family, school, community, and one category of your own choosing, such as friends, recreation, or religion
- narrow your list to three core beliefs
- find a compelling but simple way to state each belief
- combine the statements into a pleasing whole