

RUNNING HEAD: CREDO

Personal Credo

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What do I believe? Who am I? What are my strengths? What am I supposed to be? Through FYE I have been pushed to look at these questions and really review what they all ask.

I believe people should learn from love. There is much to discover from this emotion that could not otherwise be experienced. Not only can one learn from the love that is felt between themselves and another person, but also from observing relationships between others. One way that I am able to personally feel love is through my relationships with my family members. I live for this love. My family is one of the most important parts of my life; without them I would be nothing. I learn from our differences and excel through the support they give me. From watching my mother and father's marriage I have learned what I want and do not want from a relationship with the man I choose to spend the rest of my life with.

Another aspect of love that can lead to a great learning experience is heartbreak. I had always held love to such a high standard with no faults and only joy coming from it. By being heartbroken I was shown another aspect of the emotion. From the instant I was heartbroken I began to doubt the one emotion that I had once had a complete belief in. I had never felt such pain at any other time in my life and hated the fact that I had opened myself up only to be let down. After a long time of healing, I was able to learn more from this experience than love had ever shown me before. I now realize what I need in a relationship to be happy, and am very glad that I have found a boy that I love sharing this happiness with. Through my relationship with my current boyfriend, I am able to express myself in a way that I am not able to with anyone else. This outlet of emotion is essential to human life and should be felt by all,

but tends to be more important to me than many. I went from losing my trust in nearly everyone in my life to finding an unexpected peacefulness, happiness, and love with someone I am able to completely trust. Changing and learning can be beautiful things that should not be overlooked. I am thankful for everything that I have personally learned from this complex emotion and know it will continue to be important as I go through life.

Apart from love, I also stand for knowledge. Knowledge is such a powerful tool and it is amazing how it can be obtained from a variety of sources. My belief in this was represented by “Learner” being one of my five strengths. I personally appreciate the ability to learn new things and apply them in all aspects of my life. Through this knowledge, one can achieve many things that may not have been thought possible. I strive to achieve in all aspects of my life. I want to be seen as someone that “did something” with their life. I may not be quite sure how I will exactly use my strengths to do this, but I know somehow I will reach this goal.

To help me achieve this goal, my competitive strength will help me without a doubt. The person I compete with the most is myself. I am constantly trying to one-up myself, which allows me to do things that I may not have thought possible before. I believe that I am meant to be competitive and to use my strengths to better both myself and others. It somewhat seems hypocritical that I could be competitive, but also help others, but somehow it works. Although my success tends to be the most important thing to me, I do not like to see others fail. I believe that this may be a very important part of my life in both my career and other aspects of my life, and possibly an AMC. Through my experiences at Friends, I have been able to share my knowledge with

others to help them excel also. With this, I have been able to appreciate a strength that I did not previously recognize or exercise. I find myself enjoying the joy others find in me helping them improve than my own achievements more every day.

Another way that I am able to help others is through service projects. This is one thing that I have done, and will do, for many years of my life. It is amazing to help others that are different from me and learn from them. I combine both my belief in knowledge and in learning to get the most from each of these projects I take on. The main volunteer experience that has affected me the most is with my "little sister" Patricia through Big Brothers, Big Sisters. Patricia comes from a very different economic, parental, and societal background than I do, but I have learned so much from her. She appreciates things that I may not have even thought about before, and she also possesses a strength that is unlike anyone I have ever met. Through my First Year Experience class, I was also able to be involved with two other service learning projects this year so far. With these, and discussing *Mountains Beyond Mountains*, it brings attention to others that are different than us, but are able to look beyond those differences and appreciate and celebrate what they do have. This is something to be admired. I have learned a lot from these and they have helped me to change into a better person. I will continue to help others that are different than me so I can help to transform myself and to hopefully help others learn about themselves also.

My main goal in this life and what I believe in the most is happiness. Through combining all of my other beliefs and goals, I believe I will achieve happiness and be content with my life. Every person has their own mode and path to happiness. This is without a doubt the main goal in my life. I will continue to learn new things about

myself, morphing into the person I am and want to be, and apply these to my course to happiness. I may not be able to say where I will be in five years. I may not know what I will be in ten years. I do not know who I will be with in fifteen years. What I do know is what I believe in, that I will change, and who I want to be. I have goals in my life and I will use these to excel and to what truly makes me happy.