

Develop a Personal Philosophy – 6 Questions to Answer

By [Jon Mertz](#) on November 11, 2010 in [Philosophy | Inspiration](#) 3



As summarized in [About Thin Difference](#),

“The purpose of Thin Difference is to explore [life choices](#) and directions while discovering ways to widen the edge and lead an inspired life.”

How can we “widen the edge?”

One way is to develop a personal philosophy. Have you ever thought about what your life’s philosophy is? Do you have one defined?

Let’s start with the basics. [Philosophy](#) is defined as:

the most basic beliefs, concepts, and attitudes of an individual or group.

My focus is on personal philosophy, and the essential philosophical elements are centered on *beliefs, concepts or ideas, and attitudes*. Simply asked, *what is your approach to living your life?*

Putting your approach into philosophical terms may seem unnecessary, too elementary or just an academic exercise. Yet, I believe it is an indispensable way to make better choices and lead a more inspired life.

To define your personal philosophy, answer six key questions:

1. What do you get up each and every morning wanting to do?
2. What directs your actions and decisions, especially the impulsive ones?
3. What gives you a sense of satisfaction at the end of the day?
4. What feeling is in the *core of your soul* that you know to be self-evident? Sounds constitutional, and maybe that is good.
5. Why are your beliefs important to you?
6. How does your philosophy measure up to higher standards or ideals?

Thinking through these questions, I believe, will enable you to define your personal philosophy.

Don’t make it complex. Keep it simple (plain statements). Make it memorable.

Most importantly, live it each day. Our lives are filled with a constant stream of choices, so let’s make the best ones possible.