

“Never has the need for personal philosophies of this kind been so urgent.”

– Edward R. Murrow



Winning Categories

- **\$300**—First place
- **\$200**—Second place
- **\$150**—Best connection of belief to actuarial work

Note: The Leadership & Development “Actuarially, I Believe This” Contest is inspired by, but not affiliated with, the This I Believe organization.

Please see the [official rules](#) for details.

“Actuarially, I Believe This” Contest

What are the foundational beliefs that drive your work in the actuarial profession?

Enter the “Actuarially, I Believe This” Contest for your chance to articulate the “why” behind the important actuarial work you do. Once we have collected all the essays, we will share them so everyone can learn the values that guide different actuaries in our great profession. Please encourage your peers to write as well and help make this contest a success.

This I Believe, is an international organization engaging people in writing and sharing essays describing the core values that guide their daily lives. Over 125,000 essays written by people from all walks of life, have been archived on our website, heard on public radio, chronicled through our books and featured in weekly podcasts. The project is based on the 1950s radio series of the same name, hosted by Edward R. Murrow.

Sponsored by the Leadership & Development Section



Guidelines for Writing an “Actuarially, I Believe This” Essay

Guidelines extracted from thisibelieve.org/guidelines

Tell a story about you: Be specific. Take your belief out of the ether and ground it in the events that have shaped your core values. Consider moments when belief was formed, tested or changed. Think of your own experience with work and family, and share the things that you know that no one else does. Make sure your story ties to the essence of your daily life philosophy and the shaping of your beliefs.

Be brief: Your statement should be between 500 and 600 words. That’s about three minutes when read aloud at a natural pace.

Name your belief: If you can’t name it in a sentence or two, your essay might not be about belief. Also, rather than writing a list, consider focusing on one core belief.

Be positive: Write about what you do believe, not what you don’t believe. Avoid statements of religious dogma, preaching or editorializing.

Be personal: Make your essay about you; speak in the first person. Avoid speaking in the editorial “we.” Tell a story from your own life, as this is not an opinion piece about social ideals. Try to write in words and phrases that are comfortable for you to speak, while echoing what is essential to your story.

The story must be less than 600 words.

Submit all entries to
Sections@SOA.org



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