

## Personal Evolution

Personal Evolution is about how your life evolves from the moment you are born to the moment you die. Our minds are exposed to many ideas and we are presented with many life choices that affect who we are and what we will become. Some say that you are what you eat and that might be true on a molecular level but in the Church of Reality we think it's more accurate to say that you are what you think. That whatever you decide to spend your time doing and what you think about defines who you are. And the process of moving from what you are today to what you will be tomorrow is called personal evolution.

We are a religion that values our free will. We value our {In:principle of freedom 'Freedom} and we {In:principle of personal responsibility 'take responsibility} for who we are and what we do. Since we are committed to the pursuit of reality, we take control of our personal evolution to determine what we will become. We are our own creators in that we accept our circumstances and do the best we can with what we have to work with. If we don't like what we are we can choose to begin the process of evolving into what we want to be. And by choosing to personally {In:sacred direction 'evolve forward}, all of humanity personally evolves forward.

Your Personal Evolution is the history of your existence. It is the record of your life. It is the sum total of what you are. It's your past, your present, and your future. It is the vector of your life. Where are you, where have you been, and where are you heading? From the moment you are born your life begins to evolve. You become part of society. Your evolution links into the evolution of the human race to become part of our collective history and to add your uniqueness and original ideas to the {In:Tree of Knowledge}.