



Ethics in Leadership



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"If you don't stick to your values when they're being tested, they're not values; they're hobbies." — Jon Stewart.

This month's issue reminds us of **values**. Besides CAP's core values, consider these.

What are you guided by? Why do you do what you do? ... I pose these now as a way to reflect on our direction in life. If you're just ambling along aimlessly — you're missing the point. Herein are five fundamental values/traits that can define success and happiness in our lives. I find these five have universal meaning and can be applied to almost any situation we encounter.

1. Honesty

Honesty should be the bedrock of our foundation; it defines who we are before allowing others to know more about us. If we always deal in truth, we'll live with far less worry. Use your analytical mind to think of new ideas, rather than lies and excuses. Honest intentions in speech and action gain the attention and respect of others. Honesty promotes openness, empowers and enables us to develop consistency in how we present the facts. Honesty sharpens our perception and allows us to observe everything around us with clarity. President Abraham Lincoln, "Honest Abe", is often cited as an example of who we turn to for honesty. Honesty is imperative!

2. Fire

"I'd rather regret the risks that didn't work out than the chances I didn't take at all." — Simone Biles. What's fire, you ask? Fire is enthusiasm. It's unbridled passion and excitement for living life on your terms. Fire is named as such, because it lights inside us and wills us to carry on toward our goals and dreams. I watched this past summer as Simone Biles, an extremely talented and passionate gymnast, won four gold medals and one bronze at the Olympic Games. In every interview, each competition, I noticed how she celebrated with her teammates, Simone Biles is a woman who lives with fire and incredible passion for what she does. She was determined to succeed and worked very hard to achieve. But all of those mental and physical actions were fueled by her positive emotions! It was led by fire - her enthusiasm, which took her to the top.

3. Hard Work

What can be said that hasn't already about working hard? For the skeptics who are quick to point out that hard work doesn't always make sense, don't worry, I agree. I believe in *intelligent* hard work. Busting your tail for something without thinking it through is a fool's game. But working hard, with focus and desire is the key to getting ahead. Spend time working or practicing your chosen craft. If you want to paint, then do that. Start and then learn what it takes to be the best. You'll improve in skill and

realize that repetition is key. Repetition is the key to hard work! Keep going and follow the formula of the greats.

4. Confidence

A major component of confidence is the value you place on yourself. Confidence is about the faith we have in our abilities, the person we are, and how we view our most important relationship — the one with ourselves. It keeps us balanced and grounded. It's a powerful value that gives definition to the core of who we are. Confidence gives us the strength to pursue our romantic partner, it psyches us up to get the job or opportunity we've prepared and dreamed about. Confidence tells the story of who we truly are in the most authentic way possible. It is our representation of the way we want to be seen and how we want to see ourselves. Be confident in everything you do and you will never be denied.

5. Perseverance

In Laura Hillenbrand's brilliant book, *Unbroken*, the real-life story of American hero, Louis Zamperini, we gain insight into the remarkable fortitude, courage and perseverance he exhibited throughout his life. In particular, we gain insight into his struggle with physical, emotional, mental and spiritual challenges while he was stuck at sea and then a prisoner of war during World War II. Louis Zamperini survived unfathomable conditions, cruel treatment and barbaric torture because he refused to give up. The power of his will and his belief that he would survive is a testament to the remarkable power of the human spirit and perseverance at its finest. We need to understand that everyone fails at one point or another. Sometimes, the way we get knocked down is completely out of our control. But we have to respond and rise to the occasion. Persistence and perseverance are ingredients that any happy and successful person puts into practice.

Values are important in our lives. We hope you will consider what you value and then embrace them. Feedback and comments may be directed to chaplaincy@rnr.cap.gov.

Edited from an article by Christopher D. Connors, published in *Mission.org*, Apr 2017.