

# Pondering Point

When we decide to be socially and personally aware of our actions and the impact they have on others, we make a change within ourselves. We may learn to be more patient with people, have empathy for another's situation or have a better idea of where our ethics lie. This change may be difficult for others to get used to, even if we feel the change is for the better. These positive transformations aren't always understood or appreciated by those closest to us. Those that have not taken steps to engage in self-assessment may be reminded of their shortcomings when we opt not to engage in behavior that goes against our ethics. It is tempting to conform to those around us, especially if they are people we care about or look up to. **To create a positive change within ourselves, the decision to be socially and personally aware must be ours.** When we do it for ourselves we will be able to move forward when those we care about want to pull us back.

Standing up for what we believe is right in the face of adversity demonstrating courage and strong character. This can mean refusing to engage in the spreading of gossip or simply remembering to be the kind of friend that others would want to have. We make decisions everyday that display our ethics and dictate our character. We choose to act responsibly because we see the benefits. The hope is that we role model and empower others to see the advantage of self-reflection and assessment for themselves. Then we can all benefit from a community full of potential.

## WHO are you doing it for?

*Doing the right thing doesn't  
always make you popular.*



**Imagine... committing to doing the right thing and empowering others to see the benefits.**

### — From Pondering to Practice —

#### **Activity:**

##### **Try This – Group Discussion**

Discuss the following questions with a group of people around the kitchen table, conference table – or wherever!

- Why do people sometimes do the right thing even when it's hard or not as fun as something else?
- What would happen if nobody cared about doing the right thing?
  - What effect would that have on our community and home/work environments?
- Who decides that we're a role model?

#### **Reflection:**

Go somewhere in public where you can sit and blend in - like a shopping mall, food court or festival.

##### **Try this – People Watch**

Be a silent observer by watching the behaviors of those around you as they engage with others.

- What kind of behaviors do you see?
- How do people carry themselves?
- Were you able to see anyone do something nice for someone else?
- Did you see "gang-type" mentality where people were doing what others around them were doing?
- Have you ever tried to do the right thing even when it wasn't popular?
- What was the outcome?
  - What were the reactions of those around you?
- Why did you choose to go against the crowd?

**Celebrate stepping out of the box and doing the right thing!**

***"We live in a house of mirrors and think  
we are looking out the windows."***

- Fritz Perls