


10 HALLMARKS



OF AN HONORABLE PERSON

Here are 10 hallmarks of an honorable person – with suggestions to help you stay on course:

Parenting. Be actively involved in your children's lives, expose them to activities that reinforce good values, and look for teachable moments.

Influencers. Do your friends and colleagues bring out the best – or the worst – in you?

Role models. Role models raise your game by demonstrating behavior for you to emulate. Choose them wisely.

Culture. The music you hear, the movies you watch, and the video games you play affect your mindset and seep into your subconscious.

Education. There's only one investment that will never go down – an investment in yourself. Embrace the value of continuous improvement and lifelong learning.

Personal growth. Developing your mind and your talents shouldn't be limited to formal schooling or work experience.

Positive reinforcement. Living for a cause greater than yourself is a worthy mission. This goal can be reinforced by attending a house of worship, volunteering within your local community, or being a mentor.

Personal accountability. Make good choices. You have the freedom to choose, but you're not free from the consequences of those choices.

Mindset. Some people feel powerless or blame scapegoats for setbacks. If you don't believe in yourself, why should anyone else?

Self-examination. Make time to do some soul searching.

This is adapted from *The Path to a Meaningful Life* by Frank Sonnenberg.



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