



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

# Well Powered Living 4.0 Class 3: Staying True to Character

Taught by Harris Health System  
Employee Wellness

**HARRISHEALTH SYSTEM**

## 4.0 Class Outline

- Class 1: Leading with Character
- Class 2: Cornerstones of Character
- Class 3: Staying True To Character
- Class 4: Learning to Recognize and Reduce Natural Human Flaws

# WPL 4.0 Learning Objectives

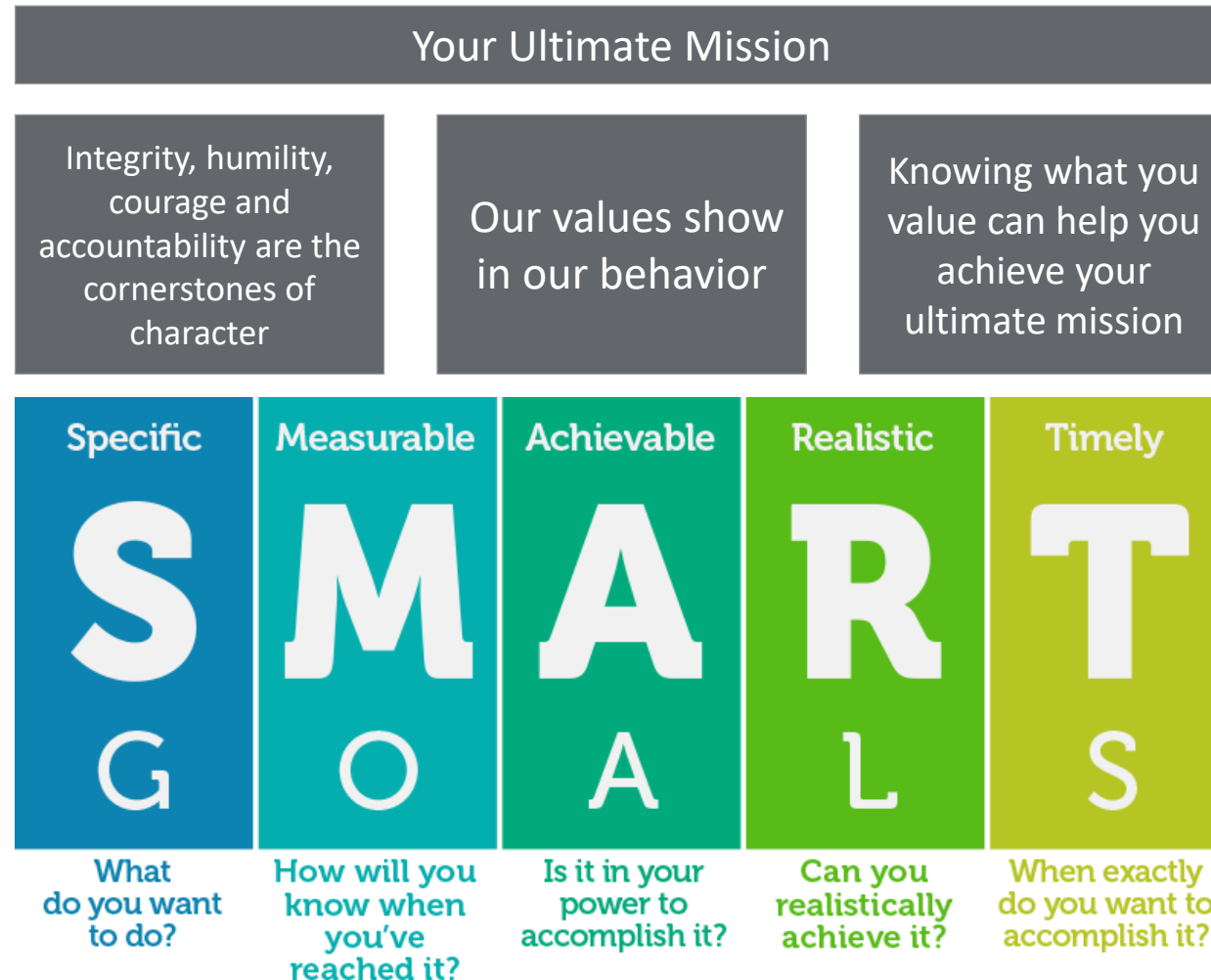
- Define what it means to lead with character
- Why character matters?
- Learn how to find alignment with decisions and values
- Review the four cornerstones of character
- Learn how to remain true to your values
- Learn how to recognize and reduce human flaws

# Class 3 Learning Objectives

- Learn what it means to stay true to your morals
- Discover the dangers of comparison
- Learn how to strengthen character muscles when under pressure

# Review

## Class 2: Cornerstones of Character



# Staying True to Character

Honor Justice Love for Others  
Kindness Honesty Gratitude  
Truthfulness Integrity Compassion  
Loyalty to Others Generosity  
Humility Patience for Others  
Respect for Others  
Fairness Care for Others

# Staying True to Your Morals

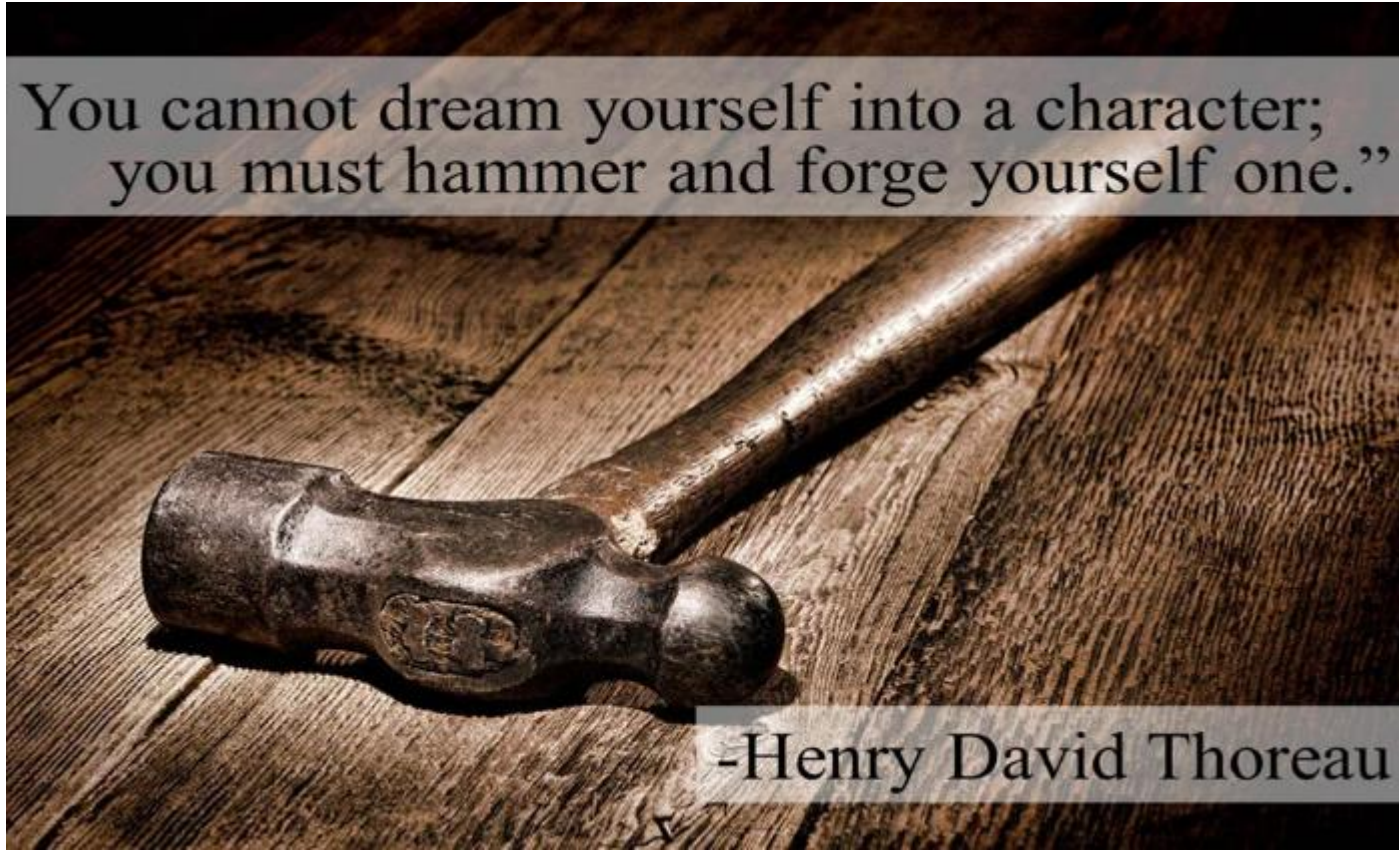
- Ask yourself “What do I believe and why?”
- Have an accountability system
- Be who you are in public and private
- Be mindful of the people you spend your time with



# Staying True to Your Morals

- Filter out the counterproductive content you expose yourself to
- Walk yourself through regret
- Demonstrate every day
- Build a thick skin

# Strength of Character Muscles Under Pressure



You cannot dream yourself into a character;  
you must hammer and forge yourself one.”

-Henry David Thoreau

# Strength of Character Muscles Under Pressure

- Character is not a static or fixed attribute
- Requires attention and investment every day
- Words, decisions and interactions define who you are and how you are experienced by others

# Strength of Character Muscles Under Pressure

- Training and growing character muscles:
- Begin with a values inventory and character assessment
- Identify your deepest values and subsequent areas of vulnerability
- Develop a plan of action for strengthening that muscle

# Strength of Character Muscles Under Pressure

Training and growing character muscles: EXAMPLE

**Area of Opportunity:** Patience

Exercise: Practice taking deep breaths, center yourself and mentally rehearse being patient, calm and positive before beginning a difficult conversation or meeting.

**Area of Opportunity:** Gratitude

Exercise: Spend 5 minutes every morning or evening writing down everything you are grateful for and try to feel the emotion of gratefulness as you do it

# Activity

- Write down one area of growth that you have identified as a opportunity to strengthen your character muscles?
- Name one exercise you can focus on to help you strengthen your character muscle in that area?
- Share it in the chat!!

# Dangers of Comparison

- Comparing Yourself is a Roller-Coaster Ride
- The Debilitating Need for Approval
- Comparing Yourself Fuels Your Insecurities



# Dangers of Comparison

## Tips for Dealing with Comparison:

- Awareness
- Stop Yourself
- Focus on your strengths
- Be okay with imperfections
- Learn to love being “enough”



# Moral Collapse

- Refers to the decline from a higher to lower level of morality
- According to a Gallup poll, two-thirds of Americans see the country's and individual values deteriorating.
- When we invest energy with intention for success we achieve with character.



# When Decisions Align with Values



- We are better able to maximize our feelings of satisfaction and fulfillment.
- Alignment allows you to lead an intentional life.
- Brings more stability and authenticity to your life.
- Brings you closer to achieving your purpose.

# Write Your Ritual

## Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

# Ritual Examples

- I will reduce my daily exposure to media content that is not positive and in alignment with my values
- I will identify an exercise I can use when under pressure and practice using it
- I will reflect on my values at the beginning or end of each day.
- I will share my top values with a good friend or a loved one.

# Summary

- Living out our values takes courage and may mean being counter-cultural.
- Training and growing character muscles begins with a values inventory and character assessment.
- If you compare yourself to others, you might also find that you look to others for approval.

## Homework:

Practice your ritual!

## Class 4: Natural Human Flaws

# Resources

## Living Well-Powered Reading List

- *The Only Way to Win*  
Jim Loehr
- *Mindset*  
Carol Dweck
- *The Happiness Advantage*  
Shawn Achor
- *Thrive*  
Dan Buettner
- *Authentic Happiness*  
Martin Seligman
- *Drive*  
Daniel Pink

## Stress Management Resources

### Employee Assistance Program

- [www.feieap.com](http://www.feieap.com)
- 800-638-3327
- Username: hhs

### Cigna Behavioral Health

- Visit **myCigna.com**
- Call the toll-free number on your Cigna ID card
- **800-274-7603**
- **Cignabehavioral.com**

### Health Coaching

- Telephonic: 855-246-1873
- Onsite: Contact Latecia Murphy
  - 713-873-6407
  - [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

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#1 in Texas



#6 in America

