

My Own Moral Compass

(English translation by Christopher Smith)

Respect

I respect myself, guarding my reputation, my health, my attitude about myself, my development and my future.

I respect others, treating them politely, with concern for their feelings and their interests.

I use phrases such as “please,” “I’m sorry,” “hello,” and “thank you.”

I listen carefully when someone else is speaking and don’t interrupt.

I dress appropriately for the occasion.

I do not impose my way of thinking or my lifestyle on others.

I respect the work that people do.

I keep my word.

I respect that others have freedoms “to” (such as the freedom to have their own views) and freedoms “from” (such as freedom from noise, cigarette smoke, vulgarity or images of violence).

I do not violate the rights of others.

I respect other people’s time by being punctual.

Honesty

I tell the truth.

I do not lie or deceive others.

I do not cheat and do not use other people’s work dishonestly.

I respect the property of others and do not steal.

I live up to my obligations.

Responsibility

I perform my duties diligently—at home, at school, and in my group.

I use my time wisely and do not waste time frivolously watching TV or on the computer.

I guard my health and avoid bad habits.

I avoid situations that pose a danger to the life, health or emotions of myself or others.

I care about the environment.

I don’t litter, or destroy public property or the property of myself or others.

I am discreet and choose my words carefully.

I pay attention to what I am talking about and whom I am speaking to.

Courage

I don’t give in to pressure.

I refuse to hang out in the wrong environment.

I say no to bad suggestions.

I oppose wrong and stand up for what is right and true.

I help those who are at risk.

I am brave and open to new challenges in life.

I have the courage to live my own life.

I can admit when I am wrong or make a mistake.

Self-Discipline

I act in accordance with accepted moral values.
I control my thoughts, emotions and behaviour.
I set rational goals for myself and consistently strive to meet them.
I take care of my development.
I am hard-working.
I don't go to extremes, but maintain moderation.
I don't give in to laziness and temptation, and avoid taking the easy way out.

Peacefulness

I follow the principle of "win/win," looking for solutions that are positive for everybody involved.
I think before acting.
I keep a handle on my emotions.
I don't provoke others or let myself be goaded.
I don't use force—physical, psychological or intellectual.
I express anger in a mature way—I communicate my disagreement or disappointment politely, verbally and constructively to the person who caused it.
I am a dialogue person, not a conflict person.

Joy, optimism, humour

I notice the good things and don't complain.
I value and appreciate what I have—I'm not envious.
I believe in success and don't get discouraged.
I'm pleasant and cheerful.
I don't nurse resentments.
My jokes are joyful, not hurtful.

Justice

I respect the rights of others and the principle of equality before the law.
I am guided by my conscience.
I am decent and play fair.

Solidarity

I recognize the needs of other people and am not indifferent to them.
I can devote myself to helping people without expecting anything in return.
I work together with others to seek the common good.
I am involved, and I participate.
I have good will.

Beauty

I look beyond a person's outer appearance, and value beauty of spirit and good character.
It's not enough for me to praise the beauty of nature—I also protect it.

I care about beauty and good taste around me every day.
I pay attention to the aesthetics of clothing, the table and the surroundings.
Pomp and show don't distract me from the beauty of simplicity.

Wisdom

I do good.
I listen to my conscience.
I consider the immediate and long-term effects of my choices and actions.
I am not superficial.
I observe, think and learn.
I draw lessons from experience.
I work on my personal hierarchy of values.
I distinguish things that are important and urgent.
I am not a slave to fashion.
I display gratitude.
I am generous.

Love & friendship

I want what is best for the other person, and adopt it for myself.
I am capable of trust.
I display sympathy.
I help, support and defend.
My loyalty is not blind to the truth.
I wisely take care of the good of a friend or loved one.
I forgive.
I don't use the lack of time as an excuse.
I show love, concern and fidelity.
"I love" means: I am prepared to devote myself to the good and growth of others.
I express love of country by taking care of the good of the country and its reputation and by scrupulously performing my duties.

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