The Five Be’s

Speaker:
Col. Mickey Addison, USAF
The 5 Be’s

Mickey Addison
www.mickeyaddison.com
We Hear “Don’t” A Lot
Don’t walk there!
Don’t take shortcuts!
Don’t be silly!
Don’t say that word!
Don’t be serious!
Don’t lie, cheat, or steal!
Don’t watch that TV show!
Don’t eat that!
Don’t leave your vehicle unattended!
Don’t shop at that store!
Don’t run without stretching!
Don’t cross there!
Don’t be late!
Don’t forget your manners!
Don’t forget your coat!
Don’t do it THAT way!
Don’t wear that!
Don’t feed the bears!
Boundaries have their place, but the real question is: Who Do **You** Want to **Be**?
The 5 “Be’s”

- Be Proud
- Be Free
- Be Virtuous
- Be Balanced
- Be Courageous
Be Proud
Be Proud

- My definitions:
  - *Pride* means “confidence in your own self worth, or your team’s value.”
  - Pride in oneself is *never* at someone else’s expense

- Pride in Self
  - Everyone has value regardless of status, etc.

- Pride in Team
  - Leaders instill a sense of their team as well
“Bad Pride” vs “Good Pride”

- Tracy & Robins:
  - “Good Pride” = “authentic”
  - “Bad Pride” = “hubristic”

- Authentic pride inspires others to achieve
- Hubristic pride drags others down

“A’ama Crab

“Be like the Alamihi Crab, not the A’ama Crab!”

Alamihi Crab

5/21/2015
Be Free

The 5 Be’s

Be Free

Keep Calm and Rave On

5/21/2015
Authentic “Freedom” is being able to choose what's good for you, not just “doing whatever you want”

- Not chained to someone else's ideas or addictions
- Not blocked from personal growth by your own passions and appetites

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

-Nelson Mandela
• 24.6% of people ages 18+ binge drink (2013/NIAAA)
• 4.3 million Americans addicted to drugs (2012/NSDUH)
• ~9% addicted to video games (2008/Fabry, Miller, Milwid)
• 0.3-38% addicted to internet (2012/Cash, Rae, Steel, Winklerb)
• 20% get <6 hours sleep/night (2014/National Sleep Foundation)
• $3.34 trillion in consumer debt (2015/Federal Reserve)

**Bottom line:** You’re not free if you’re prevented from making choices that are good for you!
Gravity may have me “stuck,” but it also makes space travel & engineering possible!
Be Virtuous

The 5 Be’s
Be Virtuous

- Aristotle’s “Cardinal Virtues”
  - Prudence, Justice, Temperance, & Fortitude
- “Virtue” can apply to individuals, organizations, & groups
  - “Core values”
  - Personal ethics
  - Professional ethics
  - “Hold paramount the safety, health, and welfare of the public.” (NSPE)

Aristotle’s thoughts are foundation of the Western ideal of “virtue”
Be Virtuous

- **Prudence**: The ability to judge between actions with regard to appropriate actions at a given time

A *prudent* person takes only necessary risks
Be Virtuous

- **Justice**: The balance between *selfishness* and *selflessness* - in other words: being *fair*

In the workplace, perceived injustice has been directly linked to burnout and job dissatisfaction.
(Ybema, J.F. (2008))
Be Virtuous

- **Temperance**: moderation or self-restraint in action, statement, etc.

Champion athletes apply this virtue during training.

Lenny Krayzelburg – American Backstroke Swimmer, 4X Olympic Gold Medalist & Former World Record Holder
**Be Virtuous**

- **Fortitude**: mental and emotional strength in facing difficulty, adversity, danger, or temptation courageously

> Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before.
> – James Buckham
Be Virtuous

Prudence
- Reckless
- Withdrawn

Justice
- Lawlessness
- Despotism

Temperance
- Overindulgence
- Indifference

Fortitude
- Cowardice
- Apathy
Be Balanced

- Human beings are complex...growth requires cultivating mind, body, and spirit

I believe that being successful means having a balance [in] life. You can't truly be considered successful in your business life if your home life is in shambles.

– Zig Ziglar
Be Balanced

- Are you... “Yoda”?

“Use the Force, young Jedi!”

I believe that being successful means having a balance in life. You can’t truly be considered successful in your business life if your home life is in shambles.

– Zig Ziglar

“Use the Force, young Jedi!”

5/21/2015
Be Balanced

- Are you...the “Bookworm”?

“Follow me on Goodreads!”
Be Balanced

- Are you....the “Fitness Freak”?

“It’s jacked with protein, bro!”
Be Courageous
Be Courageous

- **Physical courage**: The ability to overcome fear and do what’s necessary in order to survive, save a life, accomplish the mission, etc.

- **Moral courage**: The ability to hold firm to one’s convictions in the face of criticism or personal attacks

“Moral courage is the most valuable and usually the most absent characteristic in men”
- George S Patton Jr
Be Courageous

- Opportunities to demonstrate physical courage are rare, but episodes of moral courage are common.
  - Did you stand up to defend a co-worker from ridicule?
  - Did you speak out when people used inappropriate language or harbor harmful attitudes about others?
  - Did you insist on telling the client the truth or tell a “white lie” to save face?

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Be Courageous

- A *courageous* person is confident who you can count on during crises

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The 5 “Be’s”

- **Be** Proud
- **Be** Free
- **Be** Virtuous
- **Be** Balanced
- **Be** Courageous
So...

Who Do You Want to Be?
Questions?

For more visit: www.mickeyaddison.com