

## Self-evaluation and Action Prompter

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The purpose of this section of the ResourceBook is to focus you on fulfilling the demands of the Upsilon Credo at the individual level; in particular, how to become “an upright, self-respecting man capable of growth and greater service to my fellowmen.”

You might want to ask yourself the following questions:

- Why do I need to do this?
- What would I want to do this?
- How could I possibly do this?

And you might want to consider where you are right now:

Are you a resident or a new graduate, wondering what life holds for you?

Have you been working for a while, perhaps just starting a very young family, overwhelmed with the pressures of life and wondering where it’s all heading, that is if you have time to think at all?

Are you somewhere between 35 and 45 and suffering from a mid-life crisis? Do you feel that you have no “center” in your life? Are you frustrated by your career? Do you feel that you have not achieved much or that what you have achieved is not worthwhile?

Have you reached your 50s or perhaps close to retirement and still uncertain what you’ve done in your life and what to do next? Have you led an exemplary life and done things of which you can be proud?

And through it all, can you say that you are an “upright, self-respecting man?” Is it too early, too late, or totally irrelevant to you?

Just in case you believe that most problems, particularly social problems are beyond your scope, consider this story:

“God said to me: Your task is to build a better world. I answered: How can I do that? The world is such a large, vast place, so complicated now and I am so small and useless. There’s nothing I can do. But God in his great wisdom said: Just build a better you.” Anonymous.

In other words, only you can decide and only you can take action. We need to understand that the buck stops with us. Possibly in the face of overwhelming apathy, we need to take action as individuals, realizing that every little action helps. We need to act now, not tomorrow and we need to think about something concrete that we can do, now. The key is to focus on our actions, not just words.

Many of us go through life vaguely feeling that a lot of goals or principles are acceptable but never really decide what our highest and most worthy goals are. Not deciding on our major reasons for being is the same as being unguided or morally lost. The problem is that most of us do not know where to start.

Fortunately there is a set of "tools", readily available from a website, that can help us decide what we value most, how we live as upright, self-respecting men and what actions we should take to achieve our goals.

This resource firstly helps us examine what personal characteristics we most want to have. It's never too late to change! Secondly, it moves us on to thinking how we would like to live our life through understanding the values we currently have or should have.

Only when we understand our personal characteristics and decide on our values and what's really important can we set goals that we want to achieve in our life. And value centered-goal setting is important at ANY stage of our life.

Finally, the resource helps us turn our goals into manageable objectives and actions.

There are two fundamentally different life goals: 1) personal happiness and 2) doing good for others, i.e., self-oriented and other-oriented. They are both very appealing values but unfortunately, they usually take you in opposite directions. If you seek happiness in self-serving ways, you will miss many opportunities to serve others. You can't go full steam both ways - recreation and commitment - at the same time; choices and usually compromises must be made.

How do you make this tough choice? The resource book will help you to decide.

So, who is happiest, the person devoted to fun and personal happiness or the person devoted to helping others? Try this simple experiment. List the 10 people you know best. Rate each one as either happy or unhappy. Then, rate each one as self-centered or others-centered. It has been found that happy people were ten times more likely to be unselfish than selfish. Strangely, happiness comes to people who have decided not to seek it as their main purpose in life.

The foregoing is intended merely as a quick guide to self-improvement. If you found this useful to get you started, we strongly recommend that you go directly to the source and download the information:

Psychological Self-Help by Clayton E. Tucker-Ladd.

Website: [www.psychologicalselfhelp.org/](http://www.psychologicalselfhelp.org/)