

My Personal Code of Ethics

1. I will treat everyone with kindness and try and uplift them
2. I will treat everyone equally and try and eliminate any biases that might be against them
3. I will be a person that people can go to and communicate with when they are having a hard time
4. I will have empathy for others and listen first
5. I will practice honesty in my daily life
6. I will work hard and try and do my best every day
7. I will try and better myself every day in all aspects, including work and school
8. I will hold myself to a high standard and expect others to do the same
9. I will work with integrity
10. I will understand that everyone, including myself, has bad days and will learn to move on and grow from them

My code of ethics is something that I have shaped throughout my life and my career. I have always been someone who looks to others for guidance and someone who wants to be that person for others. I try and act with kindness and practice gratitude in my daily life. One major thing that I try and keep in mind is doing what you expect or want others to do for you. I want others to be kind and empathic towards me so why would they not want that of me. I always want to try and listen first and speak second. I had an old boss that used to say, "listen first to understand not to be heard". That is something that has always stuck with me.

Another aspect that has shaped my code of ethics is my career. I have worked very hard to get where I am in my career. I set a goal and to reach that goal I needed to follow many of these points. A few of the points on my code are about working hard or acting with honesty and integrity. This is important to daily work life, as well as just everyday life. Bettering myself and acting to a high standard is something that got me to the point that I am today and is what is driving me to go back to school to continue to learn and grow.

The last thing that has shaped the code of ethics is just trying to be nicer to myself. I have had a not so nice relationship with myself in the past, and I am trying to dig out of that hole. I need to understand that everyone has bad days and to just learn from them. I put that last because I feel like it is important to realize that I will not accomplish everything on my list every day, and there will be tough days, but when that happens then I can try again the next day.