

The 5 Be's for Living a Successful and Healthy Life

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- **What are the “Be’s”?**
 - We hear “no” and “don’t” often, especially when growing up.
 - Rules have their place—but we also need to know who we need to “BE”
 - The “5 BE’s” is a formula for living a healthy and successful life

- **BE Proud of Who You Are**
 - All persons have the same dignity and value by virtue of being a human being—nothing changes that including looks, skin color, money, social status, ability, etc.
 - Pride means “confidence in your own self-worth, or your team’s value.”
 - Pride in oneself is *never* at someone else’s expense.
 - Everyone, no matter how humble their situation, has something to offer.
 - “Be like the *Alamih* crab, not like the *A’ama* crab” – Hawaiian proverb

- **BE Free**
 - Authentic “Freedom” is being able to choose what's good for you, not just “doing whatever you want.”
 - Authentic Freedom is *not* being chained to someone else's ideas or addictions.
 - Authentic Freedom is *not* being blocked from personal growth by your own passions and appetites.
 - If you’re doing something in secret, then you should examine how healthy that behavior is for you—it’s likely preventing you from being the person you are meant to BE.

- **BE Virtuous**
 - Aristotle’s “Cardinal Virtues”: Prudence, Justice, Temperance, Fortitude
 - Prudence – ability to judge the right action at a particular moment
 - Justice – the balance between selfishness & selflessness—to be fair
 - Temperance – self-restraint; like how an athlete defers comfort for training.
 - Fortitude – strength in facing difficulty, adversity, danger, or temptation courageously

- **BE Balanced**
 - Human beings are complex—growth requires cultivating mind, body, and spirit
 - Mind – engage your mind and be a life-long learner
 - Body – we only get one body, and it has to last a lifetime, take care of it!
 - Spirit – human beings are more than flesh and blood; stay spiritually healthy!

- **BE Courageous**
 - Physical courage –ability to overcome fear and do what’s necessary in order to survive, save a life, accomplish the mission, etc.
 - Moral courage –ability to hold firm to one’s convictions in the face of criticism or personal attacks
 - Opportunities to demonstrate physical courage are rare, but episodes of moral courage are common.
 - Did you stand up to defend someone from ridicule?
 - Did you speak out when people used inappropriate language or harbor harmful attitudes about others?
 - Do you tell the truth? Avoid gossip?