

**Bruce Helyard**

**A Brief Overview of My Values  
/Lessons and Modus Operandi**

**U3A AGM January 2020**

# Lesson # 1

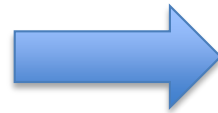
- Everyone leaves a legacy of some kind.  
The legacy or legacies we leave can be....  
.....Small, huge, deliberate, inadvertent, obvious, subtle, long lasting, temporary, embarrassing, proud etc
- We all can make a difference wherever and whenever.
- How does a person *feel* about you and/or your legacy?

## Examples of quotes on **Leaving a Legacy**

- *“The past is a pebble in my shoe”*. Edgar Allan Poe
- *“Hurt people hurt people and that is how it is passed onto generation to generation to generation”*. Buddhist Saying
- *“You inherit the face you deserve at 40”* Mae West
- *“Its never too late to be what you want to be.”* George Eliot
- *“No legacy is so rich as honesty”*. Shakespeare

# Stages of Life.

Adulthood I



Adulthood II

**Doing** (Activity Paradigm)

Career building, collecting, mating.

**Being** ( Age of Wisdom)

Reflecting, self assessing, fine tuning, realigning

## Lesson # 2

Catch people doing good things and work at building the self esteem of others.

My view is that one can not grow / learn unless one has a good bedrock of a sense of worth and self esteem.

*“Your Values Become Your Destiny”*. Gandhi

- **Values**
- **Beliefs**
- **Attitudes**
- **Skills and Abilities**
- **Behaviours**
- **Outcomes (Culture)**

Keep refining and reflecting on your own set of values and ensuing behaviours.

# Lesson # 3 Nature of Mistakes

Mis-takes are made every day.

Be mindful of these and take ownership.

- i) Are they unintentional errors ***eg slips and lapses*** or are .....
- ii) they ones made *semi-intentionally* because we choose to not know the whole story or facts (partly ignorant) or .....
- iii) Are they intentionally *deliberate* where we do know all the facts / knowledge?

## Lesson # 4

Embrace the **Kai-Zen** concept ( of I can improve; I can do a little better next time) as we enter Adulthood II.

Continually work on improving the ***effectiveness of our communications.***



The character '改' (Kai) is written in a bold, black, sans-serif style. It consists of a square radical on the left and a vertical stroke on the right. Arrows indicate the stroke order: a horizontal arrow pointing right at the top left, a vertical arrow pointing down, a horizontal arrow pointing right across the middle, a vertical arrow pointing down, a horizontal arrow pointing right at the bottom left, and a long diagonal arrow starting from the top right and crossing the vertical stroke.

The character '善' (Zen) is written in a bold, black, sans-serif style. It features a vertical central stroke with four horizontal strokes intersecting it. Arrows indicate the stroke order: a horizontal arrow pointing right at the top, a vertical arrow pointing down, a horizontal arrow pointing right, a vertical arrow pointing down, a horizontal arrow pointing right, a vertical arrow pointing down, a horizontal arrow pointing right, a vertical arrow pointing down, and a horizontal arrow pointing right at the bottom.

**Kai = Change**

**Zen = Good**



## Lesson # 5 Art of Masterful Listening

- *“The greatest compliment that was ever paid to me was when someone asked me what I thought and then attended to my answer.”*  
Henry David Thoreau.

## Lesson # 6

- Be aware of what part you may play in any relationship / interaction / outcome.
- What part did I contribute to an outcome?  
Did I enhance it, or trip it up, or ruin it?

.....As a parent?

.....As a partner?

.....As a friend?

.....As a Grandparent?

.....As a citizen....etc, etc?

## Line Of Choice. What you do and how you do it matters.

<b>O</b>	<b>Ownership</b>	Own my behaviour.
<b>A</b>	<b>Accountable</b>	Be solutions focused.
<b>R</b> -----	<b>Responsible</b> -----	For my own actions. -----
<b>B</b>	<b>Blame</b>	Easy to be a victim and project onto everyone else.
<b>E</b>	<b>Excuses</b>	“I’m too busy”. “Its too hard.” “No one told me.”
<b>D</b>	<b>Denial</b>	“I did not know”. “Its not my fault.”

## Lesson # 7

- Check on facts.
- Be careful of assumptions. (mis-takes)
- Take care when encountering *The Ladder of Judgement / Inference*
- *“Just for today don’t judge”* Deepak Chopra

# Ladder of Judgement

6) Actions

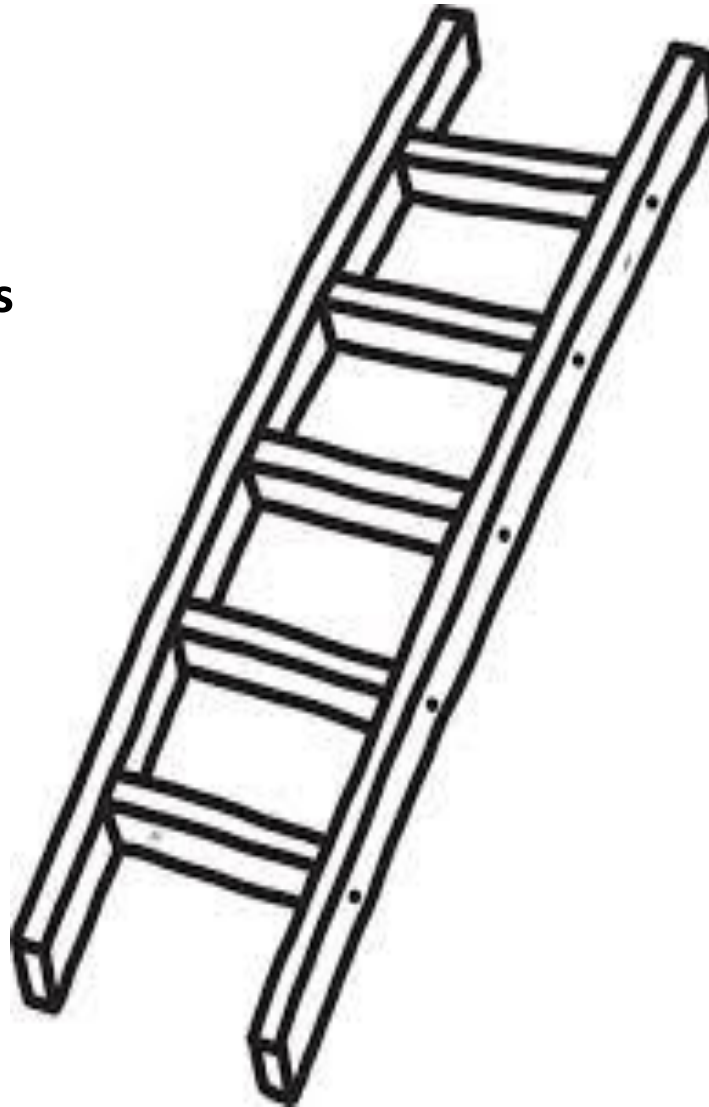
5) Beliefs- Judgements

4) Conclusions

3) Assumptions

2) Selected  
Data- Meanings

1) Observations



# Summary.

- **Everyone leaves a legacy of some kind.**



- **People will mostly remember how you made them *feel*.**



# Summary

- Acknowledge the good and work on the self esteem of others.



# Summary

- **Keep refining and reflecting on your own set of values and ensuing behaviours.**



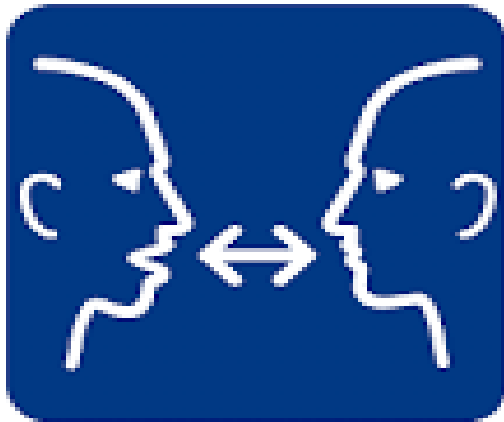
# Summary

- **Mis-takes are made every day. Be mindful and take ownership. Are they genuine errors or are they deliberate?**



# Summary

- **Actively work on communicating effectively. Embrace Kai-Zen as we enter Adulthood II.**
- **Be a really effective and present listener**



改善

Kai = Change Zen = Good

# Summary

- **Check on facts. Be careful of assumptions, judging and bias.**



# Summary

- **Be aware of what part you may play in any relationship, interaction**

**and.....**

- **Embrace lifelong learning.**

Thank You.  
Bruce Helyard

