

# IT'S NOT EASY

Let's be honest. Ethics is not for wimps. It's not easy being a good person.

It's not easy to be honest when it might be costly, to play fair when others cheat or to keep inconvenient promises.

It's not easy to stand up for our beliefs and still respect differing viewpoints.

It's not easy to control powerful impulses, to be accountable for our attitudes and actions, to tackle unpleasant tasks or to sacrifice the now for later.

It's not easy to bear criticism and learn from it without getting angry, to take advice or to admit error.

It's not easy to really feel genuine remorse and apologize sincerely, or to accept an apology graciously and truly forgive.

It's not easy to stop feeling like a victim, to resist cynicism and to make the best of every situation.

It's not easy to be consistently kind, to think of others first, to judge generously,

to give the benefit of the doubt.

It's not easy to be grateful or to give without concern for reward or gratitude.

It's not easy to fail and still keep trying, to learn from failure, to risk failing again, to start over, to lose with grace or to be glad for the success of another.

It's not easy to avoid excuses and rationalizations or to resist temptations.

No, being a person of character is not easy.

That's why it's such a lofty goal and an admirable achievement.

— **Michael Josephson**



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