

***Reaching Your Community as a School Chaplain:***

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**Ten Principles of Character**

1. **Priorities and prioritizing -**
  - a. Making good decisions according to relative value.
  - b. Don't put something of a lesser value ahead of something with a higher value.
2. **Accurate Representations -**
  - a. Look at the whole, not a fraction of the whole.
  - b. Be 100% accurate – not 99%.
3. **Integrity -**
  - a. Do what is right and truthful.
  - b. Remember civility.
4. **Balance –**
  - a. Balance your time wisely.
  - b. Don't focus all your attention on one orchard.
5. **Leadership/Teamwork –**
  - a. Put other's success ahead of your own egos and desires.
  - b. Add value to every situation.
6. **Respect –**
  - a. Recognize the value of others
  - b. Find ways to demonstrate that value.
7. **Self-Control –**
  - a. Use your mind and body appropriately.
  - b. Don't make one bad decision that could wreck the rest of your life.
8. **Prosperity –**
  - a. Strive to gain on your own.
  - b. Don't get ahead at the expense of others.
9. **Honesty –**
  - a. Be 100% honest, not 99% honest.
  - b. Telling the truth with the intent to deceive is a lie.
10. **Contentment –**
  - a. Understand your limitations.
  - b. Learn to enjoy your strengths, positions, possessions and opportunities.

## Week 1

### **CHARACTER – THE DISTINCTIVE QUALITIES OF AN INDIVIDUAL.** **"IT'S WHAT DEFINES YOU!"**

The WISE listen and learn, FOOLS despise wisdom and discipline.

Wisdom:

The ability to make sensible decisions and judgments based on personal knowledge and experience

- Fools don't make sensible decisions.
- Fools use poor judgment.
- Fools have little or no personal knowledge (and don't strive for it).

How do you want to be defined? (*What defines you: WISE or FOOL?*)

1. As an **INDIVIDUAL**
  - a. Wise (Smart- Showing intelligence)
  - b. Honest/Integrity/Respect (DO THE RIGHT THING)
  - c. Strong (Mentally and physically in shape)
  - d. Plays by rules
  - e. Give 100% (You give it your best)
2. As a **TEAM**
  - a. Wise (Smart- Showing intelligence)
  - b. Honest/Integrity/Respect (DO THE RIGHT THING)
  - c. Strong (Mentally and physically in shape)
  - d. Plays by rules
  - e. Give 100% (You give it your best)
3. As a **STUDENT**
4. As a member of your **FAMILY**
5. As a **WORKER**
6. As a member of **SOCIETY**
7. As a **FRIEND**
8. As a **HUSBAND** (someday)
9. As an **OPPONENT**

Rules: Unsportsmanlike Conduct, fighting, Sideline violations  
Accountability – Three Group – Peer Test/Test of Time

Week 2

1. The Del Oro definition of Character:
  - a. *Be* - Wise (Smart- Showing intelligence)
  - b. *Be* - Honest/Integrity/Respect (DO THE RIGHT THING)
  - c. *Be* - Strong (Mentally and physically in shape)
  - d. Plays by rules
  - e. Give 100% (You give it your best)
  
2. How can we demonstrate our Character:
  - a. On the field?
  - b. As part of the team?
  - c. At school?
  - d. At home?
  - e. With friends?
  - f. At work?

*What will we actually DO in each of the areas?*

a. \_\_\_\_\_

b. \_\_\_\_\_

3. What does Character have to do with "Becoming Champions?"

a. \_\_\_\_\_

b. \_\_\_\_\_

4. How can we hold each other accountable?

a. \_\_\_\_\_

b. \_\_\_\_\_

## Week 3

Today's discussion topics:

1. Today's principle – Priorities
2. Big Hat – No Cattle
3. Sideline Support

### 1. Today's principle:

#### 10 Foundational Principles To Live By - **#1 Priorities**

*Don't put something of a lower value ahead of something of a higher value.*

Everyday involves prioritizing:

Homework vs. TV or Video Games

On time vs. late

Work vs. play

Life involves prioritizing

Use this "value principle" to make important decisions in life

### 2. Big Hat – No Cattle

Are you all talk and no action?

Do you say you're going to do something instead of just doing it?

Do you "talk smack"?

Can you keep your cool under pressure?

What is the value to doing vs. saying? = Builds reputation and character

### 3. Sideline support

Sideline **MUST** support the team – in good times and bad.

How do you control the "getting down" syndrome?

Team must develop support system of doing something to build support

Suggest some physical activity that the entire team does together

## Week 4

Today's discussion topics:

1. Today's principle – Accurate Representations
2. Giving your all
3. Behavior

### 1. Today's principle:

- 10 Foundational Principles To Live By - **#2 Accurate Representations**  
Be 100% accurate, not 99%.  
Everybody wins when everyone is 100% accurate.

### 2. Giving your all

- How many people think everyone is giving 100%  
What if we don't all give 100%  
Why should we all give 100%  
Encouragement to give 100%

### 3. Behavior

- A component of character is behavior  
Your character and reputation are based on your behavior

- You will be remembered by your behavior  
What would we see if we watched the film from our last game?  
What would we see if we watched you in class and at home?  
Would 100% of your behavior demonstrate good character?

- Character takes discipline and training – every day  
Watch the film, learn from it. Make corrections  
The work is hard - the payoff is big

## Week 5

Today's discussion topics:

1. Today's principle – Integrity and Civility
2. Misunderstanding Character
3. Misunderstanding me and my role
4. Chapel

1. Today's principle:

### 10 Foundational Principles To Live By - **#3 Integrity with Civility**

*Do what is right and truthful with civility.*

Let your word stand on its own, don't call upon something else for substantiation.

Do what's right – you have a moral compass.

Do what's truthful – 100% the truth, not 99%

Be civil – how do you want people to see you.

This is where swearing comes in – it's not civil.

2. Misunderstanding Character

What is Character – the attributes that determine a persons moral and ethical actions and reactions

What rules do we want to live by as a team? Let team develop a list of rules they want to live by, such as: Honest, Trustworthy, Polite, Loyal, Understanding, Positive, Fun, Sincere, Unselfish, Responsible, Generous, Respectful, Funny, Accountable

Think you can't show emotion and get fired up, you must or your not being honest.

Think you can't be passionate, you must or your not being responsible

Think you can't be intense, you must or your not being sincere

You won't be respected unless you are giving your all, intense, passionate and emotional – these are all components of character – you must be fierce – extreme and violent energy.

Week 6

Today's discussion topics:

1. Today's principle – Balance
2. Justice vs. Justify
3. Encouragement after mistakes

**1. Today's principle:**

10 Foundational Principles To Live By - **#3 Balance**

*Balance your time wisely between work, family, faith, hobbies and yourself.*

**2. Justice vs. Justify**

*(The following is a fictitious story about the team we had just lost to – Cardinal Newman)*

*Cardinal Newman Football Players Suspended*

Five varsity football players and two other students were suspended Monday, September 22 after it was determined they had taken illegal prescription drugs. Graham Rutherford, Cardinal Newman's principal, told the Press Democrat that an anonymous student had overheard two players stating the reason they had "killed" Del Oro was because of the boost they had gotten before the game from prescription drugs. When asked why the players took the drugs, they stated they were feeling a little slow and they were scared about getting their butts kicked two years in a row by Del Oro.

Who are you mad at – the anonymous student or the 5 players?

Should the outcome to the game be different?

What if the players could justify their actions? A really good story?

Real life – Floyd Landis Stripped of his Tour de France title for doping (testosterone)

Landis said the case should be thrown out because the test equipment initially used was not used according to World Anti-doping rules. (justification/story)

A more sophisticated piece of equipment was then used that confirmed the

doping.

In the end, we want justice, not justification.

**3. Encourage back to health:**

What should our reaction be to breaking the rules?

Kick them when they're down or stand them back up?

We need to come beside people that make mistakes.

Make them aware of the mistake if they are not.

Encourage them to get back up and do it right.

We need to do this with Barry and anyone else that makes a mistake.

## Week 7

Today's discussion topics:

1. Today's principle – Leadership/Teamwork
2. Earn it or Expect it
3. Character is non-negotiable

### **1. Today's principle:**

10 Foundational Principles To Live By - **#5- Leadership/Teamwork**  
*Add value to all situations and people.*

- What is your contribution to situations
- How can you add value (parents/leadership/teammates)

### **2. Earn it or Expect it**

Expectation and entitlement for things

- How do you feel when you don't have to earn things you're given?
- What is the value of earning things?
- Are we going to earn our wins?
- What will we have to do to earn our wins?

### **3. Character is non-negotiable**

- You can lose a game – won't affect your character
- Played really well – your stock will go up
- Character has lasting value – games will simply go into record books
- Remember how you treat people – the person you've become 24 hours a day
  - How do you treat your parents
  - How do you treat your teachers
  - How do you treat your classmates

## Week 8

Today's discussion topics:

1. Today's principle – Respect

### **Today's principle:**

#### 10 Foundational Principles To Live By - **#6- Respect**

Recognizing each person's value and behaving in a manner that demonstrates that value.

- What happens when you disrespect someone.
- How do you respect others:
  - o Get respect you must earn respect
  - o You must treat others with respect – recognize them
  - o The 4' rule – recognize everyone who comes within 4' of you with a smile and a nice comment:
    - Hi, how are you.
    - Hello.
    - A compliment.
    - Be genuine
  - o Accept others for their value
    - Find something of value in everyone – there's always something there
  - o Find the value in others –
    - Look for someone on campus who is not popular or outgoing:
      - Talk to them.
      - Compliment them on something
      - Look out for them and protect them (especially if you see someone taking advantage of them or making them feel bad)

## Week 9

Today's discussion topics:

1. Today's principle – Self-Control
2. Turning setbacks into comebacks

### **Today's principle:**

10 Foundational Principles To Live By - **#7- Self Control**

*Use your mind and body appropriately.*

- We are not learning “relative character – being just a little better than everyone else.” We are learning absolute character – there is only one standard
- Do you want to learn self-control now or wait until later
  - o Like marriage
  - o Behaving like an adult
- Do you want to be around people with self-control
  - o Your wife
  - o Your friends and co-workers
  - o How do you feel when you're around people who don't exercise self-control?

### **Turning Setbacks into Comebacks**

Throughout your life, you're going to have setbacks

- A. You don't get into the college you had hoped to.
- B. You don't get the job.
- C. You don't get the girl you had your eyes on.
- D. You don't win the game on Friday.

What's your response:

- a. Pout and be mopey – bringing yourself and everyone around you down.
  - a. The pitty party
- b. Choose do to something different.
  - a. I know I just lost – the college, job, girl and game...but life doesn't have to end.
  - b. Bounce back – immediately
  - c. Stay focused on the next opportunity – there always is one
    - i. Next minute, play or game or girl or job or college.
  - d. Do something to get back into the game (real or metaphorically)

## Week 10

Today's discussion topics:

1. Today's principle – Prosperity
2. My role and chapel time
3. Chapel – Encouragement – Hebrews 10:24

### **1. Today's principle:**

#### 10 Foundational Principles To Live By - **#8- Prosperity**

*Strive to gain prosperity on your own, not at the expense of others.*

- We are not learning “relative character – being just a little better than everyone else.” We are learning absolute character – there is only one standard – just because everyone is doing it doesn't make it right.

Gaining not on your own is stealing. As in...

- Copyright infringement
- Petty theft – pencils, incorrect change, lying about taxes
- Caveat about character – once you hear what's right and deliberately choose to do what's wrong – watch out – the consequence is more severe.

### **The Role of Character Coach and Chaplain**

You are getting old enough to make your own decisions and develop you own conclusions:

- E. About your future professions
- F. About who you choose to hang out with – including a wife
- G. Political decisions – including the discussions like Prop 8
- H. About religion

Our goal in teaching Character:

- A. Provide a foundation of what Character is:
  - a. The ten principles
  - b. Examples of good decisions in every day life – your rules
- B. Teach you how to make good decisions
  - a. Your decision makes sense over time.
  - b. Everyone would agree the decision is a good one.

## Week 11

Today's discussion topics:

1. Today's principle – Honesty

### **1. Today's principle:**

10 Foundational Principles To Live By - **#9- Honesty**

*Be 100% honest, not 99.9%.*

- Relative character says I need to be just slightly more honest than the next person or company. Absolute character says there's a fixed standard – 100%.
- 100% honesty says I can't leave out 5% (most important part anyway)
- It goes against our grain to be 100% honest – but it works. Try it.
- Choose to be 100% honest and hold each other accountable.

### **Recap of what we've learned since last January**

1. Your character is what people will remember – not the season's scores.
2. Your character can't be taken away but it can be tainted – the one day.
3. Live up to the stature you've earned as Del Oro Football players.
4. Living out the rules in your life – do what's right, regardless of the cost.
5. Accept Responsibility -
6. Be respectful to everyone – especially those without stature.
7. Create and commit to community
8. Don't confuse passion with poor behavior.
9. Hold each other accountable to what we've learned.

## Week 12

Today's discussion topics:

1. Today's principle – Contentment
2. Pay it forward

### **1. Today's principle:**

10 Foundational Principles To Live By - **#10- Contentment**  
*Understand your limitations.*

- Learn to enjoy your strengths, positions, possessions and opportunities.
- Always strive to do better, learn more and achieve more but never cease to be content with what you have.

### **Pay it forward**

10. Will you commit to take the things we've learned as a team and teach them to others?
11. Will you agree to continue to be an example in our community and throughout your life?
12. Will you agree to continually:
  - a. Be mentored by someone – get some of their pile.
  - b. Be held accountable by a group of peers – to lookout for your blind spots.
  - c. Mentor someone else. You already have a pile, share it with someone else.