

My Ethical Statement

The Process

1. The Reflection

Writing this statement has prompted deep reflection and introspection. At times, these sessions can be uplifting, while at others, they can be quite upsetting. This exercise was no different. One thing I made sure to do during this experience was to give myself grace. I refrained from measuring myself against where I want to be, others' life standards, or this class's expectations of the 'right answer'. By embracing grace, I could be honest with myself. This honesty helped me craft my ethical statement based on my life experiences and the values that have emerged from them.

I've had significant experiences in my life. I've been married twice, a single mother, and I lost my first Master's Degree due to my school's accreditation loss. I've lost my mother to Alzheimer's, a woman who was a pillar of strength for me, and I now care for my father, who will soon turn 80 if the Lord sees fit. I've been a key advocate for students as the VP of the Student Government Association, continued that advocacy for faculty at my institution, and also worked for prison reform in my country. At 52, menopausal, and facing the next phase of my life, this exercise made me reflect on what ethics means to me now and what I want it to mean in the future.

I am fully aware that I've had over half a century to contemplate my ethics. Reviewing the value list, several words resonated with me, reflecting my life stages. As a child, my values centered on fun, creativity, curiosity, and growth. In my teenage years, I focused on being the best, belonging, and success in school exams. In my twenties, as a new graduate, wife, and

mother, my values shifted to independence, career, parenting, and job security. Entering my thirties as a divorcee and single mother, my ethics pivoted to work-life balance, adaptability, family, and friendship, driven by vulnerability. My forties, as an empty nester with a new teaching career and a second marriage, saw my focus shift to travel, joy, love, and adventure. During this decade, I had a cancer scare, prompting me to focus on my health more than ever. As an educator, I also embraced values related to molding future generations.

Now in my fifties, my ethics are more philosophical, emphasizing self-expression, spirituality, vision, wisdom, making a difference, and compassion. After considering the current list of ethical values, the two that stand out to me are making a difference and compassion. Additionally, humor has been a constant value throughout all stages of my life and remains a common denominator in my ethical space.

2. The Statement

I have chosen these values over the years simply because of my personality as well as experience being my greatest teacher. Now as I face a promising new future, *I endeavor to use responsible self-expression to embrace a vision that relies on wisdom through spirituality to ensure I make a difference with a wealth of compassion.* As I focus more on my spirituality, I felt deeply about translating my ethics statement into a prayer. Following is the prayer that I was led to create:

Dear Lord, I seek Your guiding hand,
To make a difference in this land.
Grant me hearts that truly care,
To show compassion everywhere.

Help me to listen with open ears,
To all the joys, the hopes, the fears.
May my actions speak of love,
Reflecting You and Your grace from above.

In every deed and every word,
Let kindness be my echo heard.
Teach me patience, teach me grace,
To lift the weary, and embrace each face.

Guide my steps on this noble quest,
To serve with honor, and to give my best.
With Your wisdom, lead my way,
In compassion, may I always stay.
-Amen.

3. The Conclusion

An ethics statement is a deeply personal declaration that outlines how one intends to conduct themselves both personally and professionally. This exercise has given me the opportunity to reflect, revise, and refocus. As I look toward a promising future, I feel confident and assured in my ethical statement.

References

Brown, B. (2018). *Dare to lead: Brave work. tough conversations. whole hearts*. Random House.

How to Write a Personal Ethics Statement—And Why Every Professional Should. (n.d.). Western Governors University. <https://www.wgu.edu/blog/how-write-personal-ethics-statement-why-every-professional-should2202.html>