



Ray Edwards Show, Episode 355

What Is Your Personal Code Of Conduct

Female Voice-Over: Coming up on *The Ray Edwards Show*.

Ray Edwards: The things we think about all day long habitually. The automatic thoughts that we have, shape the way we feel about life. You're listening to *The Ray Edwards Show*, Episode 355. What is your Code of Conduct? [music]

Male Voice-Over: *The Ray Edwards Show*. This is the podcast for prosperity, with purpose.

[music]

Ray: We all have one. We all have a code that we live by. We may not be conscious of it. We may not have written it down. We may not be able to repeat it out loud, but we all have a code. We find it out parts of it in those key clutch moments like in that moment where we have to decide am I going to lie to this person or tell him the truth? Am I going to eat that pie or am I going to eat broccoli instead? Am I going to drink another drink or am I going to stop to start drinking water?

These are all confrontations between our rules of life, our code of conduct and our feelings in the moment. The two can reinforce one another or they can cause internal conflicts and lots of anxiety. Which do you think most people experience most of the time? Probably, the anxiety and internal conflict. I'm going to show you how to resolve so much of that by just having a written code of conduct. That's what today's show is all about.

Male Voice-Over: Does anyone want to live a life that is long and prosperous? Spiritual foundations.

Ray: Jesus Christ had some interesting rules of conduct. They were basically in opposition to everything everybody in his day was doing. Everything they all thought was right and correct. He just turned it upside down to the opposite. Here he was, the person who claims to be the Messiah, the son of God, himself. He's been murdered and he's risen from the death. His disciples are in despair. They're out in water fishing and they see him on the shore. They recognize him and they freak out and Peter jumps out of the boat and swims to the shore. Neither disciples remembered that they have a boat. They rode ashore and it says in the Gospel of John 21, Then as soon as they had come to land, they saw a fire of coals there and fish laid on it, and bread. Jesus said to them, "Come and eat breakfast."

Now, what is up with that? The creator of the universe and he's fixing breakfast. What is up with this? I think that what Jesus is demonstrating is life goes on. We still have to eat. We still have to drink water. We still have to have clothing. We go back conducting business no matter what's going on around us. What circumstances we encounter. How bad we think things are. Life goes on and life consists of a lot of

File name: REP355.mp3



things we think that was mundane such as breakfast. Jesus was not too good to fix breakfast.

Now, think about this. If you fix fish for breakfast, you must have caught the fish first. If you had bread for breakfast, you must have made the bread or bought it. Come and eat breakfast. I think this grew out Jesus his own code of conduct. How many times have we read that Jesus had compassion on the people and so he did something miraculous for them. He healed them. He multiplied the food or he rose from the dead and fixed the disciples breakfast. The next time you're facing a big giant problem in your life, maybe the answer is to first sit down and eat breakfast.

[music]

This episode of the *Ray Edwards Show* is made possible in part by the Prosperous Business Academy where we take the ideas in the show and turn them into practical applications that they can change every part of your life. Faith, fitness, family, finance, fun, friends and fulfillment. Come join me in the Prosperous Business Academy. Go to rayedwards.com/join.

Male Voice-Over: Now, our featured presentation.

Ray: While I proposed to you that you need to have a personal code of conduct, and I suggest you write it out. Here are five reasons I believe you need a written personal code of conduct. Reason number one: a personal code of conduct clarifies your values. If I tell you, you make seven rules for a living which you're going to live by is going to be your code of conduct. You're going to have to sit down and think about what are the seven most important rules I have in life and how they apply to my conduct every day. That requires some thinking, some clarification.

Most people don't know what their values are. If you ask them, tell me what your values are? They'll say things like family, honesty, being a good citizen. Those are usually phrases they're parroting because they know they're good answers because they haven't really thought through why do I believe that that is one of my values? I'm asking you to take some time to write down first of all what your values are. All those things I mentioned are good. See I write family, marriage, finances, fitness, my faith. These are things I value. Values are not just things like honesty and integrity. They're anything that you place great worth upon. If you value your home, it's one of the top things you value in your life. That's one of your values; the home you live in is a value for you. Your values can cover a wide range of possibilities. I'm asking you to write down all the things that you value in your life, and then rank them in order, what's the most valuable thing and what's the least viable thing. Maybe or maybe not, show this list other people unless they're at the top they always like that.

Once you make your list of values, I suggest taking top 10 values and look at those before you start writing your personal code of conduct. Then you can begin. A personal code of conduct clarifies your values first and foremost.



The second reason you need to have a personal code of conduct, the second benefit for having one, is a personal code of conduct requires you to write out your code, and writing is the doing part of thinking. It's the work. If you just think about something and you don't write it down, I don't think you've done the work. Because if something happens when you put it on paper or on the screen, type it in the keyboard, write it down with a pen, that crystallizes your thoughts into actual words on the page or on the screen and it's different. You know it's different and I know it's different. This is the value of writing things down. Again, the second reason you need a personal code of conduct is it requires you to write it out, which means you have to think about it very carefully.

Reason number three or benefit number three for having a personal code of conduct, it's written out. A personal code of conduct shapes your habitual thought patterns. This may be the most important thing about having a personal code of conduct. Let me explain. The things we think about all day long habitually, the automatic thoughts that we have, shaped the way we feel about life, it shapes our sense of life. Our sense of life or the way we feel about life shapes and controls are behaviors, and those behaviors control the results we get in life. Thus, that creates the circumstances in which we live.

The way you think today will determine how you live a year from now. Let me say that one more time; it's worth repeating. The way you think today will control how you live a year from now. So think about your life one year from today, and maybe reverse engineer what your values are by doing it in this way. You write out the picture of what your life looks like one year from today. What kind of money do you make, what your family life look like, what does your exercise routine look like, what's your fitness look like. Every area of your life is important to you.

Then, ask yourself how does a person who has that life behave every day. What are the things they do every day? If you want to be physically fit, you probably eat right and you probably exercise every day. So you write that down. You go through all the things you want to have in your life one year from today, and you write down the behaviors that get you those things that people who have that stuff actually behave in that way.

Now, look at the list of behaviors and ask yourself this question: What does a person who behaves this way every day have to believe about that behavior? For physical fitness goals, you may currently hate exercise and hate healthy food, you just think it tastes awful and you think exercises painful and miserable, and you don't like doing it.

A healthy person probably doesn't think about that stuff. Most healthy, physically fit people think of food as fuel, so they need the best fuel they can for their body. Most physically fit people enjoy exercise. How do they get those feelings? If you don't feel that way, some people will stop me here and say, "Well, I just don't feel that way about it, so I can't do this."



Who's in control of what you feel? You are! Yes, you are. You say, "Well, I don't control my feelings. They just come on me. I just have this feelings that overwhelmed me." Your feelings are born in your thoughts; your habitual thought patterns, that's where your feelings come from.

Try this experiment: The next time you have a very strong feeling whether it's happiness or anger or depression or whatever it is anxiety. When you notice, "Hey, I'm having a strong emotional response right now." Stop and ask yourself, "What was I just thinking about?" Let's say you're anxious and you stop yourself and said, "Okay, I'm feeling strong anxiety right now. What was I just thinking about?" I was just thinking about the new budget that I have to create.

What made me think about that? What did I think about before that? Or thought about the fact that we need to get an extra \$100,000 for that building expense we want to do. What were you thinking about before that? I was thinking about the fact I have to go to the committee and talk to them about the building expansion and convince them it is worth doing. What was I thinking about before that? I was thinking about Bob or the committee who doesn't like me, and I always get upset when I talk to him because he makes me feel like he's superior to me or thinks he's superior to me in some way.

You can trace your thought patterns back to what triggered you initially, maybe it was Bob. Bob is a made-up character, there's nobody in my life like that. Maybe you're thinking about this person and it triggers the initial feeling, then you start thinking the thoughts that rising that feeling. It's a habitual pattern. It's triggered by one little item, like maybe a guy's face. Once you identify the feelings you have to have, to have the behaviors that you want, to get the results that you want. Now, you have to ask yourself. "What thought patterns give rise to the feelings and behaviors that I want to have in order to get the outcome I want. Well, I want to love healthy food. I want to enjoy exercise. I want to enjoy the process of getting healthy or getting stronger. I have started thinking thoughts that reinforced those thought patterns and ultimately those feelings. Instead of thinking, "Oh, I have to exercise." This is where it gets really subtle. You don't have to write grandiose statements about what you want your habitual thought patterns to be. You have to write out things that you'll actually think. Things we actually think are things like, "Oh, exercise. Ah, I dread this"

Change that thought pattern to exercise. I'm excited. This is going to change my life. Even if you don't believe it at first; especially if you don't believe it at first. This is not by the way, faking it until you make it. It's changing habitual thought patterns. The first thing you have to do is interrupt the old pattern, and you do that by noticing when you're thinking in the old pattern way.

If you're headed to the gym, your calendar shows it's time to work out. You're going to the gym, you're thinking, "Oh, exercise. This is so miserable. I hate doing this." You realize, "Oh, I'm thinking that thought." Stop. Think a new thought that you've written out in advance. Maybe you have to look at it on your iPhone or on a pad of paper or on a sticky note you have in a dashboard.



The new thought is, "I love exercising because it changes my life for the better. It makes me healthier and stronger. I love to exercise. I enjoy it. I love the way I feel after I work out." You practice that new thought pattern until it becomes a habitual thought pattern. This will take time and it is possible and it can work. You've got to shape your habitual thought patterns to support the life you want because your thought patterns shape your life. For sure.

Reason number four: You need to have a personal code of conduct written out. A personal code of conduct allows you to choose who you are becoming. We've already talked about this, but if you're looking at changing your life in a major way, making significant upgrades to your life, you're going to have to become the kind of person who has those upgrades. If you are currently out of shape, you're broke, you're in debt, you have no relationship and you're lonely, and your house looks like garbage because you don't keep it up, and you want a new house and you want a relationship with somebody you love in your life. You want to be physically fit. You want to be happy, and you want them to want to have plenty of friends. You're going to have to become the person who has all that stuff and it's probably somebody different than who you are right now.

Now, hang on, I'm not saying there's something wrong with who you are right now. There's nothing wrong with you. Hear me on this. There's nothing wrong with you, but if you want a change in your life, you probably need to make some changes in your personality as far as behavior is concerned. If you want to change your life, if you want to make a significant upgrade to your life, you're going to have to make changes to your behaviors, your thought patterns, and your feelings, your habitual emotions. To do that, you have to choose to become the kind of person who has the things you want to have in your life.

What kind of person do you want to become? Your personal code of conduct allows you to become that person. You choose who you're becoming. Let me ask you this. Have you changed very much over the years, like the last 10 years? Were you different 10 years ago than you are today? How about 20 years ago? How about 30 years ago? The answer is yes. You're different. You have different attitudes. Why? Because you shifted your habitual thought patterns and behaviors. That's why. So instead of just becoming somebody that you randomly become because of circumstance and chance, become the person you want to become on purpose.

Reason number five, you need a personal code of conduct. A personal code of conduct solves dilemmas before they occur because you decided in advance how to behave. What I'm saying is, let's say you've decided not to drink alcohol anymore. You've decided, I do not drink alcohol ever for any reason. I'm not a drinker. That means when the waiter comes to the table and says, would you like to look at the wine list? Your answer's going to be, "No, thanks."

When your friends say, "Let's go to the bar and hang out." If you know your willpower is not going to stand up for that, you're going to say, "No, thanks." Or if you do go to the bar and you sit at the bar with your friends and they all order a bourbon and you



are not going to drink alcohol and you order-- You know what you are going to order. You're going to order sprite or Seltzer water or soda and lime or anything except an alcoholic drink. You've decided in advance because of your code of conduct. There is no dilemma. You decided in advance how you're going to behave. The decision is made.

What is a personal code of conduct looked like, Ray? If I'm going to write one out, you've convinced me that maybe I want to do this. I want to give this a shot. What does it look like? Does it have to be really eloquent and super long? No. I'm not asking you to write some kind of treatise on moral behavior and ethical standards. I'm saying just write out 7 to 10 behaviors that you're going to engage in every day. How are you going to conduct your life? It actually changes you want to have, to help you become the person you want to become; to get the outcomes you want to get in your life.

I'll just show you my personal code of conduct so you can have an example to go by. I am not telling you that my code of conduct is the one that you should have. This is my example based on my life, based on my values. It's just something to look at for you to think, "Okay, this is might look like." Then insert your own values and beliefs and the things you want to believe and value a year from now and the life you want to be living a year from now. Put those into your code of conduct so you're behaving in the way that the person who has the stuff you want would behave.

My code of conduct consists of seven rules. Number one: I act in a manner that is cheerful, polite, courteous and which honors God. Now, this is very intentionally written sense because you can be happy on the inside but nobody around you knows it. I have a resting facial expression that looks like I'm not happy. People ask me frequently if I'm not thinking about my facial expression.

They ask me, "Are you okay? Are you upset? You want something?" I'm not. I'm happy but I have to remind my face of that. It tells everybody else the same thing. That's why making a distinction about the difference between being happy and being cheerful. Being cheerful is an external behavior pattern, a facial expression, a tone of voice that enforce people, "Hey, Ray is happy today."

I behave in a manner that is cheerful, it is polite. Which means I take the time to think what is the polite response here instead of being short and to the point which I often am but previous habit patterns because I thought that was efficient but when you marry together the idea that my facial expression maybe looks like I was upset about something. Plus it's has been very blunt and short in my communications. People often thought I was upset. I was not being polite. I want to be polite and courteous and I want to honor God.

I honor God by behaving like Him. God is cheerful. He's courteous. He's loving. He's kind. I want to be those things. My first rule in my code of conduct is I act in a manner that is cheerful, polite, courteous and which honors God.



Number two: I take 100% ownership of my emotional state and my response to life. Now, I cannot control what happens to me in life. That we know. What I can control is how I respond to it. Even though maybe your initial response is something that happens might be upset. Like if you're in a fender bender or somebody bumps your car from behind, you might at least be frightened and then you might get a little surge of anger.

You can stop in the moment and think, "Okay, do I want to feel angry right now?" What will be the best emotional state for me to be in right now? Calm, polite and helpful. Then you open the car door. In a different emotional state. You take ownership of what your emotions are because you are in control of your emotions. Your emotions arise from what you think. You decide in advance what is your emotional state going to be most of the time and what is your response to life going to be most of the time. If your default is to be upset and to get into unhelpful states of emotion, you can change that but it will take lots of practice. Another reason to have a written code of conduct.

My third rule of conduct is: I follow my current morning and evenings success rituals consistently. These rituals vary. I experiment more with different practices from time to time. Sometimes my morning success rituals is very long and sometimes very short. What are my current ritual is-- My the current routine if rituals can spooks you out then just stick by the morning routine or evening routine. I have a specific set of behaviors I engage in to start and end my day. They set the tone for my day, they set the tone for my night's sleep. I follow those current morning and evening routines consistently.

Rule number 4: I progress daily toward the achievement of worthy goals. This is Earl Nightingale's definition of success. He says success can be defined as the progressive realization of worthwhile goals. That's what I'm saying in number four. I progress daily toward the achievement of worthy goals. That means I can experience success every day even if I haven't reached the end goal that I've set in that area of life. That gives me a victory every day which gives me a habitual habit pattern of thinking and feeling victorious.

Rule number 5, in my code of conduct: I engage in physical exercise one hour per day, every day of the week. Physical exercise is important to everybody. It's especially important to me because I haven't engaged in it most of my life. The fountain of youth can be found in the gym, it's called exercise [laughs]. It's called sweat. Physical exercise both aerobic and strength training is what will make you look and feel younger. Give you more energy, give you more health, give you more resilience, give your immune system a boost. That's one of my rules.

Rule Number 6: I eat food, not too much. Mostly plants. No sugar or flour. This is a tough one. I don't hit all of these rules 100%. I surely don't hit 100%, but I'm getting closer and closer. I eat food. That means stuff my grandmother would have recognized as food. Probably not stuff that comes in a box or a bag or through a window.



Rule number seven, in my personal code of conduct: I don't drink alcohol or use other intoxicants to excess or to numb my feelings. I used to have a rule that I just didn't drink alcohol at all. I have relaxed that rule somewhat because there are plenty of studies that support the idea that it's healthy to have a glass or two of wine a couple, two or three nights a week. I do that. Sometimes it's wine, sometimes it's bourbon. That's my rule. Doesn't have to be your rule. If you have a problem with alcohol, then certainly don't drink it.

I mentioned I don't use other intoxicants to excess or to numb my feelings. Why do I say to excess? To take other intoxicants for fun. No, but I have a neurological condition that causes me to take medication, requires me to take medication that affects my conscious state, it makes me sleepy or drowsy, so that is some kind of intoxicant.

I have to be integrity with myself. I have to write this rule very carefully. I don't drink alcohol, or use other intoxicants to excess or to numb my feelings. I'm never using these substances to cover over feelings, to deal with my emotions. I deal with my emotions by dealing with my emotions.

That's my personal code of conduct. What's yours? I'd love to know what it is. Share with me the comments, and if you have feedback on this, if you think it's crazy, or if you think it's wonderful, or whatever you think, I'd love to hear your opinion. If you like the show, you can help us out by subscribing in Apple podcasts or your favorite podcast directory. Leave us an honest rating and review. I'd appreciate that and share with your friends.

Here's this week's quote worth note. Vincent van Gogh said, "Great things are done by a series of small things brought together." Good stuff. Until the next time. May the Lord bless you and keep you. May He make His face shine upon you. May you enjoy long life and prosperity. Peace to you, and peace to your house.

[music]

Female Voice-Over: Thank you for listening to *The Ray Edwards Show*.

Male Voice-Over: Find the complete archives of all episodes at rayedwardspodcast.com, or subscribe for a free through Apple podcasts and never miss an episode.

Female Voice-Over: This program copyright Ray Edwards International, Incorporated. All rights reserved.

Male Voice-Over: Each week we bring you a message of prosperity with purpose and freedom. Remembering that true freedom is available to all through Jesus Christ.

[00:22:27] [END OF AUDIO]

File name: REP355.mp3