



## **Ray Edwards Show, Episode 466**

### **My Personal Code of Conduct**

#### **Automated Speaker (00:01):**

Ray Edward show episode 466, "My Personal Code of Conduct." The Ray Edwards Show. This is the podcast for prosperity, with purpose.

#### **Ray Edwards (00:17):**

Hello, and welcome back to The Ray Edwards Show. It's so good to have you here. It's so good to be alive today. In this time we live in because this is a time of opportunity. Yes, things have changed irrevocably. Things have changed outside of our control. Things have changed in a way we didn't anticipate or understand. And guess what? So has it ever been. When has it ever been that things didn't change? We saw it in September of 2001. On September nine, we thought things would never change. On September ten, we thought things would never change. September 11, everything changed, and life went on. In 2008, right before the banks crashed the day before, we thought everything was hunky-dory, credit was easy to get, people were buying big, expensive houses. Everything seemed to be great, and then the banks collapsed. And things changed irrevocably outside of our control. And we thought life would never return, and it did return. It was modified, it was different, in many ways, it was better. We were challenged, and companies were launched out of that recession that followed that crash. Do you remember that? Uber, Airbnb, Slack, and Pinterest were all launched out of that era. So many other companies as well.

#### **Ray Edwards (01:24):**

So, every big sweeping change that happens to us in life brings with it the opportunity to make big, sweeping changes that are in our favor. It makes new things possible. And right now, it's no different. And so one of the things we've been looking at in my company is our processes or lack of them in some areas where we haven't written down step by step, exactly how things get done, and why this is important is because when people's lives get disrupted for one reason or another, you may not be aware of this, but their attention may not be a hundred percent on their job at that time. And I understand this, and we get quickly refocused and get back to work. Of course, as

everybody does on my team, but still it's very helpful if we have our processes written down step by step, as we bring on new people, as roles begin to shift in the company, as people discover new talents, they didn't know they had, and they step into new roles where they're even more fulfilled and happier in their work. It's helpful to have the proven practices and processes that we use in our company to run things written down so that we don't stray from the proven course until we find a better way of doing it. Then we revise the process.

### **Ray Edwards (02:32):**

So this is not news to you. You've heard this before. I'm sure this, however, got me thinking about a process in my life that I don't talk about very much. And that's my code of conduct. This is actually a written document. It's a one-page document I use by which I measure the way I behave every day. And this is not about necessarily about following my diet or my exercise, although those things get mentioned in this document. This is more about the principles by which I governed my life. And you might say, "Well, if they're the principles you govern your life with, Why do you need to write them down?" Because I need to remind myself. Does anybody else in the house have the opportunity every once in a while to remind yourself, "Wait a minute I'm not the kind of person who does that. I'm the kind of person who does this." I don't know about you, but I have that happen to me frequently. So I wrote down my code of conduct, and I've kept it in Evernote for a number of years. Now, it's evolved over time. I mentioned it in an episode some time ago, episode 399, called 10 uncomfortable truths about me. One of those truths had to do with my code of conduct, and I talked about it. I haven't gone back and reviewed that podcast. I don't know exactly what I said. So it'll be interesting after I give this podcast to go back and see if what I say now is consistent with what I said then.

### **Ray Edwards (03:38):**

I know my code of conduct has changed since then. I know that's true. It's evolved over time and if you adopt a code of conduct of your own, yours will evolve over time as well. But here's why it's useful to have this: If there are goals you're aspiring to that you haven't achieved in your life. If there are things that you're aiming for that are bigger than you ever achieved before. If you haven't decided to just give up because of the pandemic and the crisis and everything that's happening. If you haven't decided, I'm just going to fold my cards, and I'm out of the game. If you decide to keep going. If you've got even bigger dreams for the future. If you feel like your better days are ahead of you yet that the good old days have yet to come, then having a code of conduct will help you get there. Because having a code of conduct means you've envisioned the kind of person you must become to achieve those goals. And remember, that's the point of setting and achieving goals. The point isn't even actually achieving the goal. It's becoming the kind of person who does achieve that goal. Whether you get there this time around or not, that's the real value in goal setting is the kind of person that causes you to become. It's much more effective if you can envision what kind of person that is before you get there. It helps you achieve the goal, and it also helps you become the person quicker, more efficiently, with less pain and suffering. So having a code of conduct helps you.

### **Ray Edwards (04:56):**

It also helps you remember how you want to behave when you're at your best, because you set up your code of conduct in a time when you're at your best, and you're envisioning yourself at your best. I think we can all agree that when we're downtrodden, when we're angry, when we're weary, when we're tired when we're feeling fearful or spiteful or bitter, that's not the time we want to set out, "Here's my code of conduct. Here's how I'm going to behave." We want to get to the place where we can access the best within us and then decide who do I want to be when I'm at my best? Who do I want to be consistently? It doesn't mean we don't occasionally cross the line and do things that are not part of our code of conduct. What it means is we have a standard, we stick to it. It's like a thermostat in your house. If the temperature drops below the designated temperature, the heating mechanism kicks in and warms it back up. Or if you get a little hot, a little hot under the collar, and you said, you're not going to behave in a certain way when you get angry, like you're not gonna raise your voice or say nasty things, your thermostat reminds you, this is your code of conduct. Your thermostat setting is 70 degrees. When you get up to 90, we turn on the air conditioning system, and we cool things down, and we close our mouth until we're ready to talk. Or whatever your challenges are for you. I'm maybe just speaking out of my own existence.

**Ray Edwards (06:07):**

But anyway, that's the purpose a code of conduct serves. It helps remind you who you want to be when you're at your best, which is also, I believe who you are when you're at your best. It reminds you and reinforces that identity, and we know that the human identity, our self-image of who we are, we consistently behave in a manner that reinforces that. The most powerful force in human psychology is our desire, our need, the necessity to stay consistent with the way we identify ourselves when we picture ourselves inside. And our code of conduct is a big part of shaping that identity. So, you have a code of conduct now; it's probably not conscious and intentional. What I'm suggesting is figuring out what's your current code of conduct is, and figure out if you need to modify it. I'm going to give you my conscious, intentional code of conduct as it's written in my Evernote right now, review this every day. It's part of my morning routine. I'm just going to share it with you. It's kind of personal, but I think it would be helpful to you if I give you a real example, instead of a hypothetical. Are you ready? It has 10 points is pretty short. I don't think it needs a lot of commentary, but I may have some thoughts to add as we go.

**Ray Edwards (07:13):**

So Ray's code of conduct. Number one, I act in a manner that is cheerful, polite, friendly, courteous, and which honors others. This one was important for me because I frequently did not act this way in the past. And sometimes, it's still a challenge when I get tired, when I get stressed, when I feel overloaded, I tend to withdraw and become more silent, my comments become more terse and sometimes they can become snarky. And this is a habit pattern that has been with me most of my life. I'm still working on unwinding it. I think I'm much better than I was ever before, but it's part of my code of conduct, and it's the number one because it's the thing I most wanted to change because it affects so many other people. So, my code of conduct is number one, to act in a manner that is cheerful, polite, friendly, courteous, and which honors others.

**Ray Edwards (08:07):**

Number two, I take 100% ownership of my emotional state and my response to life. This has always been an important part of my psychology, but more so important when I got the diagnosis of Parkinson's disease, because it's so easy to slip into victim mode, whether you have Parkinson's or not, it's just easy because there's a sickly, sweet attraction to being the victim because it excuses you from doing anything about your circumstances. It gets you sympathy, it gets you attention, it gets you love. It gets you part of your six human needs answered immediately. You get connection, you get love, you get significance, but you get them in a way that doesn't serve you well, doesn't serve others well either. You get them through you becoming a victim and then becoming servants to your victimhood. That's not a healthy relationship. So by saying, I take 100% ownership of my emotional state and response to life, that means I choose the state I'm in, whether it's joy or there's depression. And I know that sometimes depression is not just a decision that you just decide in your head, okay? I'm not gonna be depressed anymore, and I'm going to be happy. It takes work. I believe that most of the time, for most of us, it's a habitual emotion that we can unwind, we can learn to stop doing the emotion of depression. However, there are physiological problems that do, in fact, affect our biochemistry that is out of our control that is not within the control of our thoughts or within the control of exercise, but that requires biochemical intervention. In the form of pharmaceuticals. I have such a condition called Parkinson's disease. Depression is a symptom of it. It's caused by changes that happen in the brain and the brain cells, the cellular level. And yet I find that even so, most of the States of depression I find myself in are controllable by changing my focus, changing my physiology, and changing my thoughts and what I say out loud. So, while I make allowance for the fact that some people are going to need medication, and definitely if you feel clinically depressed, you have thoughts of destroying yourself, killing yourself, you need to get personal, professional counseling ASAP. That needs to be your number one priority. I'm not giving you medical advice. I'm not a medical doctor. I'm not a psychologist, not a psychiatrist. I'm not doling out that kind of advice. I'm sharing my personal experience. So get help if you need it. But I do take responsibility for getting help if I need it. So no matter what, I take 100% ownership of my emotional state and my response to life. I can decide that life is either happening to me, or that's happening for me, or that's happening through me. I think it is happening for me and through me, because that gives me agency because we power to control how I respond to life, and my quality of life is determined by that response.

**Ray Edwards (10:40):**

Number three, I follow my current morning and evening success rituals consistently. Now, I used to list out the rituals themselves, but they're pretty elaborate. The morning ritual has got like 15 items on it. So I stopped doing that on my code of conduct. I just say, well, my cause my current morning and evening success rituals. They change over time. They evolve. I find new practices, new sequencing that makes them more effective. So they're changing a lot, but whatever the current morning ritual is, I want to follow it consistently. Same for the evening ritual. So, whatever those current rituals are, I have those written out in Evernote as well, and I follow them daily. So, I follow my current morning and evening success rituals consistently. That doesn't mean 100% of the time. This is why I use the word consistently a lot in my code of conduct because I want to know that it's a habitual pattern for me, but also want to give myself grace in

the times that I miss a step because if I break a streak, I don't want to suddenly decide, well, I'm done. I did don't need to do that anymore. And when just go off the wagon for six months now consistently means if I fall off the wagon for a day or two, I just get back on. I just simply resume my consistent habits.

**Ray Edwards (11:50):**

Number four, I progress daily toward the achievement of worthy goals. This means I'm successful. No matter what state I'm in right now, no matter how much or how little money I have, no matter how much is in my bank account or how much has not in my bank account, no matter what my net worth is or what is not, no matter what my recognition in the field is and what it's not. I'm successful if I'm progressing daily toward the achievement of worthy goals. Earl Nightingale said it best in the strangest secret. He said success is the progressive realization of worthy goals or ideals. So if you're making progress toward a goal that's worthy of you, you're successful today, not someday in the future, but today doesn't it feel good to be a success? Say yes.

**Ray Edwards (12:25):**

Number five, I engage in physical exercise for one hour per day. I used to be a lot more regimented and specific about this, but I've learned that that doesn't serve me. Well, this may be one hour of walking and maybe a one hour walk, maybe three 20 minute walks. It may be aerobics. It may be strength training, but some kind of physical exercise, some kind of movement suited to my energy and the environment, and my physical health at that particular time. I do have challenges, sometimes it makes it more difficult than others, but I get an hour of exercise every day consistently.

**Ray Edwards (12:54):**

Number six, I eat food. Not too much, mostly plants, no sugar or flour. That's something I borrowed directly from Michael Pollan's book, Food Rules: An Eater's Manual. So again, my description of my diet is simply I eat food. Not too much, mostly plants, no sugar or flour.

**Ray Edwards (13:12):**

Number seven, I don't drink alcohol or use other intoxicants to numb my feelings. So I'm not a Teetotaler, I do occasionally drink some bourbon or di occasionally drink some wine, but it's literally a couple of times a week, never more than two glasses, usually just one last cause I'm a cheap date that's why. But, I don't drink alcohol or use other intoxicants to numb my feelings.

**Ray Edwards (13:35):**

Number eight, I commit to consistently be even more tolerant toward other people, their false failings, and mistakes today, I will place the best possible interpretation of their actions. This actually comes from a book called Psycho-Cybernetics by Dr. Maxwell Maltz. It's one of the original self-help books. It's so much of today's self-health stuff is based on, although the history of many of these ideas goes back even further than Maxwell Maltz, but it is one of the first books that pull this together in a single system. I commit to consistently be even more tolerant towards other people,

their false failings, and mistakes today. Notice it doesn't say for the rest of my life. It says today. I'll place the best possible interpretation of their actions. I guess I would add until proven otherwise. I assume the best of them. It serves me so much better than assuming the worst I spent most of my life assuming the worst. Sometimes I still do, because again, it's a habitual pattern. That's been with me most of my life. And I'm not proud of that. I'm just being honest with you and transparent. It's something that I'm working on a much better than I used to be still every once in a while; if I'm tired or weary or impatient, I can be guilty of putting the worst explanation on people's behavior, and that never works out well for either of us.

**Ray Edwards (14:43):**

Number nine, I act as if success is inevitable and that I already am the sort of person I desire to be. I don't believe in or practice fake it til you make it. I do believe in practice until you perfect it, and that's what this is all about. Practicing. I act as if successes are inevitable and that I already am the sort of person I desire to be. That's how you become the person you desire to be. You act like that person. You're not faking it. You're practicing.

**Ray Edwards (15:10):**

And finally, number ten, I will ignore completely and close my mind to all pessimistic and negative facts that I can do nothing to change. This is, this is so timely. And I added this in the wake of the pandemic as I was rereading Maxwell Maltz's book, Psycho-Cybernetics. These last three items on my code of conduct come directly from Psycho-Cybernetics. I will ignore completely enclosed my mind to all pessimistic and negative facts that I can do nothing to change. What's the point? The point is I can do nothing to change them, so why would I keep rolling in those negative or pessimistic facts? I know the facts, so I'm not going to pay more attention to them because I can't do anything about them. This is my own addition to Maltz's idea, though, I modified it by adding this sentence, I will actively seek the positive outcomes, such facts or circumstances make possible through the intentional management of my thoughts and actions. I will actively seek positive outcomes, such facts or circumstances make possible through the intentional management of my thoughts and actions. So let's back that all the way up. Number ten is I will ignore completely enclosed my mind to all pessimistic and negative facts that I can do nothing to change. So first of all, if there's something I can do to change it, I should do that, right? If there's some injustice or problem that could be solved by my action, I should do that. But if I can't do anything to change it, which in the wake of this pandemic, there are many things that I didn't like that I could do nothing to change. I didn't need to think about those things anymore because I could do nothing to change them. What I could do is what comes in the next sentence. I will actively seek the positive outcomes, such facts or circumstances, those negative facts or circumstances make possible through the intentional management of my thoughts and actions. So if I control what I'm thinking about, that means I control what I'm feeling, that means I control what I'm doing, and I can actually make a positive change in my own life or the lives of others.

**Ray Edwards (17:06):**

So I think this is a very important part of my code of conduct that I've recently adopted. I think it's worth considering adopting yourself. In fact, I'll publish this whole list on the

post that goes along with this episode of the podcast, or just go to the show notes for this episode, and you'll find this entire list printed out. You can use it yourself. You can modify it. You can use it as a starting point. You can use it to ridicule me, whatever you wish. I think it'll be helpful and useful to you, though. I certainly hope so. That's my purpose in being here. So that's my code of conduct. Let me know what you think. Do you have a code of conduct of your own? How do you choose to conduct yourself? Do you think this is useful where you consider starting one? I'd love to know what your code of conduct looks like. What would you add? What would you take away? What are your thoughts on this practice? You can talk to me on social, on Instagram I'm Ray Edwards, on Facebook I'm Ray Edwards. Pretty much I'm Ray Edwards anywhere you go. Or you can go to the website where we have this episode hosted, and you can leave a comment there, [RayEdwards.com](http://RayEdwards.com). Until next time, may God bless you and keep you may you enjoy long life and much prosperity, peace to your house.

**Automated Speaker 2 (18:09):**

Thank you for listening to the Ray Edward show.

**Automated Speaker (18:11):**

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**Automated Speaker 2 (18:21):**

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**Automated Speaker (18:25):**

Each week we bring you a message of prosperity with purpose and freedom. Remembering the truth. Freedom is available to all through Jesus Christ.

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