FREE PRACTICAL GUIDE

THE ART OF BEING A GOOD PERSON

Life Is Built Through Decisions

Know yourself. Live your values. Make better decisions. Leave a positive mark.

JORGE J. CRODA

Based on the Best of Me: A Lifestyle™ philosophy

BEING A GOOD PERSON IS LEARNED AND PRACTICED.

An Idea That Transforms

We are not born knowing how to understand our emotions, keep our commitments, treat others with respect, or help those around us. We learn by living, observing, making mistakes, making things right, and trying again.

BEING A GOOD PERSON IS LEARNED AND PRACTICED.

OUR PURPOSE

Being a good person is our human purpose. Building character is one of the paths to get there. Our everyday decisions are where we practice that learning.

FIVE DIMENSIONS, ONE LIFE

TEMPERAMENT	Know Myself
CHARACTER	Build Myself
PERSONALITY	Express Myself
LEADERSHIP	Contribute
LEGACY	Transcend

KNOW MYSELF

DIMENSION / TEMPERAMENT

1. Knowing Myself Is the First Step

I notice how I react without judging myself for feeling.

TRY IT: Today I will notice a situation that triggers a reaction in me.

2. My Emotions and My Seven Senses

My senses and my body's signals help me pay attention.

TRY IT: I will pause for a minute to notice what I feel and where I feel it.

3. My Inner Dialogue: The Words I Say to Myself

The words I say to myself shape how I face my challenges.

TRY IT: I will replace one harsh phrase with a realistic, kinder one.

4. Connecting with Myself

Recognizing my needs is a form of self-care.

TRY IT: I will ask myself what I need and what a healthy next step is.

REFLECT: What did I learn about myself? What decision can I make today?

BUILD MYSELF

DIMENSION / CHARACTER

5. My Values and My Decisions

A value comes alive when it guides a concrete decision.

TRY IT: I will choose one action of respect or gratitude.

6. Discipline and My Habits

Consistency is built with small, sustainable steps.

TRY IT: I will keep one realistic commitment without neglecting my rest.

7. Living with Hope and Perseverance

Hope helps me keep looking for possibilities without denying the difficulty.

TRY IT: I will find one alternative and ask for support if I need it.

8. Responsibility and Self-Regulation

Taking charge includes recognizing limits and making amends for mistakes.

TRY IT: I will admit a mistake and decide how to make it right.

REFLECT: What did I learn about myself? What decision can I make today?

EXPRESS MYSELF

DIMENSION / PERSONALITY

9. Authenticity and Identity

Being myself does not mean I stop learning or excuse mistreatment.

TRY IT: I will show one of my own qualities respectfully.

10. Confidence and Self-Esteem

My dignity does not depend on results, titles, or approval.

TRY IT: I will recognize one step forward and one thing I still need to learn.

11. Listening to Understand

Listening takes attention and curiosity, not just silence.

TRY IT: I will ask a question before I answer.

12. Connecting and Building Relationships

Healthy bonds need care, boundaries, and reciprocity.

TRY IT: I will express a need clearly and kindly.

REFLECT: What did I learn about myself? What decision can I make today?

CONTRIBUTE

DIMENSION / LEADERSHIP

13. Leading Myself Before Leading Others

My example starts with my own decisions.

TRY IT: I will keep one small promise I made.

14. Empathy and Compassion

Understanding someone can help us respond with care.

TRY IT: I will listen without rushing to judge.

15. Kindness, Service, and Culture

Kindness is learned and shown in observable actions.

TRY IT: I will help without humiliating anyone or expecting applause.

16. Inspiring by Example

Consistency inspires more than words alone.

TRY IT: I will do the right thing even when no one is watching.

REFLECT: What did I learn about myself? What decision can I make today?

TRANSCEND

DIMENSION / LEGACY

17. Living with Purpose

Purpose gives direction to my decisions; it does not require a perfect life.

TRY IT: I will write down why I want to take one important action.

18. Gratitude and Well-Being

Giving thanks lets me recognize what is valuable without denying the pain.

TRY IT: I will name three things I appreciate today.

19. Turning Difficulties into Learning

Not every difficulty has a required lesson; I can look for support and options.

TRY IT: I will find one thing I can care for or improve.

20. The Mark of My Decisions

Legacy begins in the way I treat others today.

TRY IT: I will do one thing that leaves a positive mark.

REFLECT: What did I learn about myself? What decision can I make today?

Four Concepts to Live By

DISCIPLINE

I practice what matters with consistency and self-care.

ATTITUDE

I cultivate a mindful attitude toward what I live through.

RESPECT

I recognize my dignity and the dignity of others.

RESPONSIBILITY

I own my decisions, my commitments, and my chances to make amends.

Attitude opens possibilities; respect gives them humanity; responsibility guides our decisions; and discipline helps us turn them into consistent actions.

From Values to Habits

1

NOTICE

I notice what I feel, think, and do.

2

UNDERSTAND

I look into what is happening and how it affects others.

3

CHOOSE

I weigh my values, my options, and their consequences.

4

ACT

I take one concrete, respectful step.

5

REFLECT

I notice what worked and what I can improve.

6

REPEAT

I practice again and adjust how I act.

Five Rules for the Road

01

SAFETY FIRST

I take care of my life and the lives of others.

02

DO YOUR BEST

I give the best I can with the resources I really have.

03

IF YOU MAKE A MISTAKE, SAY SO

I acknowledge, make amends, and learn.

04

BE KIND

I treat people with dignity.

05

ENJOY WHAT YOU DO

I look for meaning and well-being along the way.

My 30-Day Plan

DAYS 1–6 **KNOW MYSELF**

I notice an emotion, a need, and a possible response.

My action: _____

DAYS 7–12 **BUILD MYSELF**

I choose a value and practice it through an observable action.

My action: _____

DAYS 13–18 **EXPRESS MYSELF**

I listen, share my needs, and practice respectful boundaries.

My action: _____

DAYS 19–24 **CONTRIBUTE**

I do one act of kindness or service, with respect.

My action: _____

DAYS 25–30 **TRANSCEND**

I practice gratitude, review my decisions, and choose how to continue.

My action: _____

My Final Reflection

What did I discover about the way I am?

What habit do I want to keep practicing?

When do I need to ask for help or set a boundary?

What decision could improve an important relationship?

What mark do I want to leave today?

A MESSAGE TO CARRY WITH YOU

Your best version is not a different person.

You are the person you build when you learn to know yourself, choose to live your values, and put your best at the service of life.

Every decision is an opportunity. Every action is a practice. Every day is a new chance to grow.

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JORGE J. CRODA | BEST OF ME: A LIFESTYLE™

Developing people. Transforming lives. Building a better world.