

Galt Community of Character Coalition

Character Coalition Urges Focus on Integrity in New Year

Are you thinking of making any resolutions for self-improvement in the new year? Maybe, lose some weight, get more exercise, and spend less time on social media? Have you thought about adding character building to your new year's resolutions? Why not add a goal to live life with good character each day as one of your new year's resolutions. Character is the sum of qualities that distinguishes a person or group, that defines their moral or ethical strength. Character is who you are. So, resolving to live with good character is as important as getting in shape or losing weight.

It is the goal of the Galt Character Coalition to motivate and inspire good character throughout our community. For January and February, **Integrity** is the character trait selected for focus. **Integrity** can be defined as the steadfast adherence to a strict moral or ethical code. But for most people, **Integrity** comes down to one thing: how you treat people. **It's been said that no matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything.**

Integrity plays a role in all our interactions with others. If you say that you love someone, do your actions toward that person demonstrate love? Do you show respect to those you love, or take them for granted or speak rudely to them? At school or at work, do you give credit to others for their ideas and contributions, or do you try to claim credit for things that is the work of others? Do you participate in spreading rumors that damage the reputation of others? If you are in a leadership position, do you highlight the accomplishments of others and maintain a workplace that is productive, safe and appreciative of the talent, honesty and hard-work of others? Can you be trusted to always do the right thing, even when it's not convenient? Do you admit when you make mistakes, apologize and show through your actions that you can be trusted again?

To ensure that **Integrity** is a daily part of your life in 2019, choose or revisit a set of rules, morals, or principles that you believe will lead to a happy, satisfying life, as well as a better world. You may subscribe to the ethics of a particular religion, or you may develop your own personal code, based on your own core beliefs and experiences of what is right and decent. Decide what you can do in your life to align your behavior more closely with what you have chosen as your beliefs. Be conscientious every day of the decisions you make, no matter how small.

The fact that nobody's perfect does not give us license to violate what we know is right. Stand firm on your convictions. Soon, you will be known as someone who can be counted on. People trust you to always keep your word and do the right thing. You are a person of **Integrity**. Let 2019 be the year that we individually and as a community recommit to **Integrity** in our daily lives.

In addition, the Galt Character Coalition is seeking nominations to honor those who are role models of **Integrity** in our community. Perhaps you know someone, a group or an organization in our area that can be seen as a role model of **Integrity**. Or,

maybe you know someone whose actions that demonstrate **Integrity** have made a huge impact on our community.

If you know someone who is deserving of this honor, you can nominate that individual, group or organization for the 2019 Galt Integrity Award in the following way:

1. Submit your nomination form printed in the Galt Herald, and mail to GCCC, P.O. Box 92, Galt, CA 95632. OR
2. Email your nomination to barbarapayne@softcom.net Be sure to include the name, address and phone number of your nominee. Write a brief explanation of what this person or group has done that demonstrates **Integrity**.
3. Be sure to include your own name, email address and phone number, so we can keep you updated on the selection process.
4. Deadline to submit your nomination is February 28, 2019.