

Taking Responsibility to Improve World. Do it with Your Child.

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What can we do to make the world a better place?

What do we stand for?

We've experienced just about 11 years of the 21st century, but they have been the most tumultuous in the history of mankind. Major global upheavals have impacted humanity in the past decade including: The War on Terror, the collapse of the global economy, the population growth outpacing resources, the LGBT rights issues, the political instability, the rising violence, crime, and corruption, and the political upheavals like the Arab Spring. Even the frequency of natural disasters and the concerns of global warming have increased.

The pace of life has become faster, the technology has progressed like never before, and the hectic professional lives have become the norm. This increasingly claustrophobic way of living amidst global insecurity has had a negative impact on everyone, especially younger generation. Such a lifestyle leaves no room for personal development; it only impedes our health and wellness, and cracks the once-revered institution of marriage. Statistics reveal that violence amongst the youth has risen, and teens today are going through more angst today than before.

What is really happening to us all? Why is there so much personal and global unrest in the world? No former generation has experienced what we face today. Living by values and integrity is a thing of the past. Is this a cycle of monumental upheaval on a global scale? And if so, is there any way by which we can attain peace and happiness?

The Possible Solution

Though the issues mentioned above seem colossal in nature, many of these problems have surfaced both because we are not paying attention to the importance of living with integrity and values, we are not willing to take the responsibility to fix things ourselves, and we are waiting for someone else to initiate action. We may not be able to influence what happens around us on a grand scale, but we can certainly control our lives through our thoughts, attitudes, and approach towards certain

situations. To make the world a better place, we first need to accept responsibility for our actions, and teach our children the importance of being responsible.

Living the Values

Each one of us has the power to make the world a better place by contributing little by little. The need for living the values in our everyday life is much larger than ever. In today's times our values are being put to a litmus test. We must stand by our principles and must not compromise our values.

Think Positive, Act Positive

Positive thinking helps reduce stress and anger. We have to accept the people and the situation for what they are and look for the good in them. Positive outlook enables us to cope with stressful situations better, approach challenging situations confidently and effectively.

Inculcate Values to your Children

We all have the universal responsibility to protect, restore, spread, and inculcate human values. It is our duty to transfer such values to the younger generation. Parents and teachers must collaborate to ensure that teens take responsibility for their actions. They should be taught to take responsibility for their own future. They must know that with responsibility comes the power to make the world a better place. People like Mother Teresa, Nelson Mandela, Mahatma Gandhi, and Dr. Martin Luther King Jr. stood by their values, took responsibility, overcame obstacles, and broke barriers in order to make the world a better place. The youth must be taught that core human values like love, peace, integrity, compassion, respect, gratitude, and self discipline have tremendous potential to induce a positive change and enhance self confidence to deal with any situation.

Talk to your Children

If you are worried about the impact growing up in such an environment can have on your child, ensure that you set aside some time to talk to him or her about how to deal with the circumstances in life. It is a must for all parents to teach their children that they are individuals with free will, and never victims of circumstances; rather, the ones who shape our present and future.

More Caring, More Compassionate

The purpose of life is to achieve happiness. We therefore must take steps to control our anger, improve our understanding, and become more caring and compassionate. The Holy Bible says, "all of you [who] live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble"(1 Peter 3:8). The compassionate person feels the suffering of another and makes positive steps to

alleviate that suffering. The happiness lies in giving and helping others. Do at least one act of kindness everyday and ask your kids to do the same.

When we shirk responsibility for our actions and choices, we start suffering from a victim's mind-set and play the blame game, which only makes us hand over our power to external circumstances rather than help us tap our true potential to adjudge circumstances to make the most of our lives. Most global issues today are the outcome of this very mentality that almost all societies have. Taking responsibility is a very handy lesson for the present and future generations because cultivating responsibility can equip one with all the tools required to live a life of purpose with a sense of personal achievement.