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# Summative Project

BOH4M

Date

Student Name

Teacher Name

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## Part 1: Life Mission

When we have a strong intrinsic motivation to do something, we will be able to do it well, have perseverance, and enjoy doing it no matter how hard it is. The best intrinsic motivators are gratitude, duty, and love.

### Gratitude: Who I am Most Grateful For

To start, I am most grateful for my parents because without them, I would not be here today. When I was a young and helpless baby, they took care of me without ever complaining. They always tried to give me the best they had, and they hope that my life can be better than theirs.

My family was poor growing up, so my parents had to work a lot. Even though my family didn't have a lot of money, they always told me that I need to eat well to be healthy and participate in school activities. When I didn't do well in school, they pushed me to do better. When I argued with them or made them upset, they still gave me food and shelter and care.

One time, I got a sudden pain in my stomach area in the middle of the night, and I started shouting in pain. My parents immediately woke up and took me to the hospital and stayed with me the whole night while we waited for the doctor. I should never forget the kind of selfless and unconditional love that parents gave me.

Aside from parents, I am also highly grateful to virtuous teachers like Confucius. It is thanks to these teachers that I learned the importance of virtues like filial piety, carefulness, trustworthiness, loving kindness, and humility.

Since my parents were often busy working during the day, when I came home from school, I often watched TV or played video games. These things taught me vices like indulgence, laziness, arrogance, and entitlement. As a result, I was not filial at home, and naturally I had a lot of conflicts in other relationships. My life goal was to make a lot of money and get famous. This kind of life goal was very stressful and made me very unhappy. After I learned about virtues, I felt I was walking on the right path in life, and my life became much happier and smoother.

### Duty: How to Repay Gratitude

I can repay gratitude to my parents by

1. Taking care of their physical health
2. Taking care of their emotional health
3. Meeting their aspirations

In terms of physical health, I can go grocery shopping with my parents and pick out healthy food for them and discourage them from eating unhealthy food. I should also encourage them to get enough rest and not sleep too late. Since I learned about Chinese medicine in my spare time, I can give them Chinese medicine massage. When they are sick, I should take extra care to help them recover.

In terms of emotional health, I should do my best to make them happy. As Di Zi Gui said, "What is good for my parents, I will provide. What makes parents unhappy, I will remove." I should not argue with them because arguing always results in unhappiness, and unhappy emotions will hurt their health. If they have the wrong idea, I will follow Di Zi Gui's advice, "Use a warm and gentle tone of voice" and

“Advise them when they are in a good mood”. I should not be stubborn in my own views and think I am smarter or better than them. That will hurt both them and me.

In terms of meeting their aspirations, my mother always tells me she only hopes I will be healthy and happy. Growing up, I was usually healthy, but in the past few years, I was not so healthy due to bad diet and a lot of stress. So I used my free time to learn more about health and now I am more careful about eating healthy, resting enough, exercising, and managing emotions.

My father tells me he hopes I can be a big leader, make lots of money, and be famous. Actually, that was his goal for himself too. Growing up, I thought wealth and fame would make me happy, but now I know that chasing desire will only bring stress and pain. Therefore, I told my dad that the wealth and famous people in the world all help a lot of people, so the most important thing for me is to help as many people as I can. If I help a lot of people have a better life, then naturally wealth and fame will come my way without me seeking it. He was able to accept my reasoning.

To repay the gratitude of Confucius, I should practice his teachings and share them with whoever I can.

### Love: How to Make Them Happy and Proud

As mentioned before, I need to keep myself healthy and happy for my mother, help a lot of people for my father, and practice and share the teachings of my teachers.

Additionally for my mother, she likes to spend her free time studying Buddhism, so I take the initiative to do a lot of house chores and cooking to give her more free time to study. I also ask her about what she learned and show interest because she is always very happy when I like what she likes. My mother also has many health problems, which is probably why she always hopes I will be healthy. After learning Chinese medicine, I made her accept Chinese medicine massage from me. She said I'm too busy, but I told her no matter how busy I am, family comes first.

Additionally for my father, he likes to spend his time with church friends and discussing Christianity. Just as with my mother, I will spend time with him talking about Christianity and showing interest in it. My dad also likes to cook, so sometimes we will cook together and send pictures to my grandma.

## Part 2: Role Models

The Guide to Happy Life tells us that if we want to be happy, we need to learn from people's good points. Then we will think positively of others and improve our own virtues. And if we see other people's bad points, we need to reflect on ourselves and correct that bad point in ourselves. Then we will thank them for showing us our problem, and we will improve our virtues. The people that we see everyday are our parents, so we should start by reflecting on the role modeling that they gave us.

### The Virtuous Role Modeling of My Parents

As I mentioned earlier, my family was poor growing up, so they both worked very hard when I was young and didn't spend much time at home. From this, I can learn the virtue of diligence. They both also graduated from top ranking universities, and they both like to study in their free time. From this, I can learn the virtue of studious. Indeed, I also worked hard and studied hard growing up. Both my parents are also very frugal, always trying to save money and waste money. Unfortunately, I did not learn this virtue growing up because I always watched people having luxurious things on TV, and my classmates often came from wealthy families, so I always wanted to buy unnecessary expensive things.

My mother is very filial. She often calls both her parents and my father's parents to see how they are doing and if they need anything. This was something I didn't pay attention to growing up. My mother is also very warm and caring; she helps people resolve their conflicts. She is also very trustworthy. If she says she will do something, she will definitely do it. When she owed the bank money, she worked very hard to pay off the debt as quickly as possible. The bank was actually shocked at how fast she paid it off. She does not like to owe anyone anything. Whenever anyone needs help, whether it be family, friends, or even neighbors, my mother is happy to help. She loves giving. She plants many vegetables in the garden, and she always picks out the best ones to give to other people first. Then we eat the not-so-good ones. She told me she learned this from her mother. These are all great virtues that I should learn.

My father is very meticulous when doing things. He likes to do things slowly, carefully, and completely. That's why he won many prizes in school. When people criticize him, he does not argue back but instead accepts their criticism without anger. This is something I need to learn. Another time, I told him something, but later we both realized I was wrong, so I didn't keep my trustworthiness. He did not get upset and did not scold me at all. He has a good temper and does not blame others for mistakes. He also enjoys helping others. For example, last mid-autumn festival, he spend a whole day making moon cakes for his Church friends, then he spent another whole day delivering the moon cakes to every body. He said he enjoyed bring smiles to people's faces. These are all great virtues that I should learn.

### Other Role Models

Aside from my parents, I also admire people like Confucius, Jay Shetty, Alan Zimmerman, and Gretchen Rubin. These are all people who spread virtuous teachings across their country. They also role modeled their virtuous teachings.

Confucius in particular was very selfless. He risked his life traveling through warring countries to urge the leaders to be virtuous and to teach their people to be virtuous. Other people told him to hide and protect his life, but Confucius only cared about the good for all people, not about his own personal benefit. His book, Guide to a Happy Life, had a big impact on my life, and Confucius role modeled everything in that book.

I admire Jay Shetty because he connects 5000-year-old wisdom from Hinduism to modern science and modern society's problems. He also uses modern social media to spread these wise teachings. This is something I hope I can do too.

Alan Zimmerman uses virtuous teachings to help business leaders. He is a highly sought after speaker, and I have been reading his weekly email newsletter for almost 10 years. He helped me think virtuously when I was growing up as a teenager. Since I studied business in university, I can follow his role model of using virtuous education to improve the business world.

Gretchen Rubin is an author and expert on happiness. I love listening to her podcast called Happier. She talks a lot about research and tips for improving our happiness in daily life. I want to learn from her role modeling of keeping my teachings to be very simple, easy, and practical for people. If we share big theories with people, they will get bored or even feel pressure. She is also a very happy person, so she has the credibility to urge others to be happier.

## Part 3: Personality

All great leaders know their own strengths and weaknesses. They then choose a career or work that leverages their strengths. They also fix their weaknesses so that those weaknesses are not an obstacle to success. Personality tests are a great tool to learn about our strengths and weaknesses. My DISC is C-Type. My Tendency is Questioner. My 16 Personality is ISTJ-T.

### Strengths and Weaknesses

As a C-Type, my strengths are attention-to-detail, carefulness, conscientiousness, and competence. Whatever I do, I do very carefully, in full detail, and properly. That makes me very reliable when it comes to work. It's also why my classmates always like to study the notes I make. My weakness is that I am not good at making conversation with others, so others might think I am not sociable like I-types or harmonious like S-Types. I also don't have a lot of ideas like I-Types.

As a Questioner, my strengths are logic and efficiency. Whatever I do, I make sure I have a good reason to do it, and I also do things very efficiently. For example, I like to create templates for documents that I make over and over again to save myself time. Whenever I do things multiple times, I am always thinking of ways to make it better the next time. One big weakness I have is asking too many questions, which others might find annoying, so I need to improve my social skills. Another weakness is analysis-paralysis. When I have to make a big decision, I can research forever, so I should set a time limit for myself to make that decision.

My 16 Personality is ISTJ-T (Logistician):

- Introverted: I prefer alone time rather than socializing with a lot of people
- Observant: I am very practical and not imaginative
- Thinking: I focus on logic not feelings
- Judging: I prefer plans
- Turbulent: I am sensitive to stress and criticism

As a Logistician, I value practicality and stability. My strengths are reliability, logic, practical, orderly, honest, and jack-of-all-trades. If I promise someone I will do something, I won't let them down. Furthermore, I will do it to a very high standard. I am also talented in many things because I like to learn lots of useful things. For example, I know how to use many different computer programs. My

weaknesses are that I can be stubborn, judgment, self-blaming, and always by-the-book. If I have an idea that I think is right, I can be very stubborn about it and hurt other people's feelings when I disagree with them. If I make a mistake, I often blame myself. When I do things, I always like to look for instructions rather than trying new methods. Therefore, I need to work on improving my emotional sensitivity to have more harmony, and I should learn to be more open and flexible to new ideas.

### What Kind of Work Suits My Strengths

According to the Logistician career page (<https://www.16personalities.com/istj-careers>), I would prefer a long-term and stable career, working for an institution that provides consistency and tradition. Logisticians also prefer working alone, but they can work in teams as long as there are clearly defined roles and rules. Examples of suitable careers include accountants, auditors, data analysts, financial managers, business administrators and doctors.

Personally, I want to pursue the career path of being a teacher. This is quite suitable for my personality because a teacher is a very stable and long-term focused career. A teacher also gets to work alone because the teacher gets to control what he teaches. The school and government also provide clear guidelines for what a teacher has to teach and do.

As a Questioner, I love researching and asking why and sharing information with ones. These traits are all strengths for a teacher.

As a C-Type, I am very meticulous. That means I will be very good at helping students improve their work.

### Virtues I need to Cultivate to Fix My Weaknesses

As a Questioner, C-Type, and Thinking type, I am highly focused on logic, and my weakness is emotional intelligence and loving kindness. I often value being right and being logical over people's feelings, which creates conflicts in relationships. Therefore, I need to improve my loving kindness and emotional intelligence.

As a Logistician, I can be judgmental of others and expect people to be just as disciplined and trustworthy as I am. When people fail to live up to my expectations, I get annoyed and criticize them. To fix this, I need to cultivate the virtue of loving kindness.

As a Turbulent type, I am very sensitive to criticism. I don't like being wrong, which is a form of arrogance. Therefore, I need to cultivate humility.

As a Logistician and Questioner, I am also very stubborn. I will research something and think I know more about the topic than others, so I won't listen to other people's suggestions. That makes them feel like I appreciate their opinion. Therefore, I need to cultivate humility.

As a Judging type, I always want to have a plan for something, and I dislike it when there is no plan or things don't go according to my plan. Expecting things to go my way and requiring others to follow my plan is a form of arrogance too, so I need to cultivate humility and just go along with whatever happens without complaining.

## Part 4: Character Cultivation

As we learned from The Guide to A Happy Life (Di Zi Gui), a virtuous character is the most important thing to a happy and successful life. The five foundational virtues are filial piety, carefulness, trustworthiness, loving-kindness, and humility.

### My Personal Motto

	Line	Virtue
1	When my parents call me, I will report to them right away (父母呼，應勿緩)	Filial piety Humility
2	What is good for others, I will give. What makes others unhappy, I will remove. (親所好，力為具。親所惡，謹為去)	Filial piety Loving kindness
3	Do everything carefully. Haste makes mistakes. (勿畏難，勿輕略，勿急疾)	Carefulness
4	Don't be picky with food. Eat enough, not excess. (對飲食，勿揀擇。食適可，勿過則)	Carefulness
5	Whatever I speak, trustworthiness comes first. (凡出言，信為先)	Trustworthiness
6	Be appreciative when hearing criticism and afraid when hearing praise (聞過怒，聞譽樂。損友來，益友卻。聞譽恐，聞過欣。直諒士，漸相親)	Humility Trustworthiness
7	If I can help, I will not be selfish. (己有能，勿自私)	Loving kindness
8	Accumulate gratitude in my heart. Throw away complaints. (恩欲報，怨欲忘。報怨短，報恩長)	Loving kindness
9	Enjoy virtuous influences. Avoid negative influences. (能親仁，無限好。德日進，過日少。不親仁，無限害。小人進，百事壞)	Carefulness
10	Don't give up or be harsh on myself. With dedicated effort, greatness can be achieved! (勿自暴，勿自棄。聖與賢，可馴致)	Humility

Every morning when I wake up, I will read this personal motto. At night, I will inspect myself to see if I followed or broke any lines in my personal motto.

### Two Week Results

After doing this for 2-weeks, I noticed improvement in many of my virtues. Please see the attached excel file for my daily score and comments.

#### **Filial Piety:**

In the past, when my parents called me, I would usually say “OK I’ll come in a minute” and then continue doing my thing for a few more minutes, and maybe even forget to go see my parents. Now, when they call me, I go right away. They were very happy to see my increase in respect towards them.

I also cooked their favorite foods over the weekend and told them I made this especially for you because you always cook the food I like every day, and I want to give you something you like for once. Although my cooking is not that great, they really appreciated my filial heart. I also took initiative to help out with

chores around the house. Even though it is a small thing, parents are always happy to see their children taking on responsibility to help the family.

### **Carefulness:**

I am a C-type, so I am already very careful in my work. But when I eat food, I tend to eat very fast because I want to go back to doing work. Eating too fast also makes it easy for me to overeat. Sometimes, I even accidentally bite my lips while chewing too fast. And if I am too full, I feel uncomfortable and heavy. During this time, I paid careful attention to eat slower and eat until 80% full. I never bit my lip. Also, I feel I have better energy when I am 80% full.

I also deleted negative social media accounts that promoted vices like indulgence, greed, anger, and complaining. For example, many people will just post pictures of their food, clothes, body, or complaints about their boyfriend or girlfriends. These things all add unnecessary negativity or desire to my mind, so I stopped following them. Instead, I followed my role models who provide inspiring and virtuous content. Now, when I scroll through social media, I am reminded to take care of my health and be a virtuous person.

### **Trustworthiness:**

I have a bad habit of saying “I think”, which means I am not sure. But if I am not sure, I shouldn’t say it, I should go and check the facts first. Also, I sometimes give problems to other people without giving a solution. As we learned in the CEO code, giving other people only problems without solutions will make them very annoyed at us, and that will reduce our trustworthiness.

During this time, whenever I needed to ask my parents for their opinion or permission, I made sure I researched the facts first. I also anticipated their questions and provided answers before they asked. Then I told them what my suggestion is and if they think it is suitable. They felt I was a lot more mature and my work would surely be great.

### **Loving Kindness:**

As mentioned in the Personality Section, I really need to improve my loving kindness. When others are illogical, I need to remember their gratitude and let go of complaints. I can remind myself that I might not be alive tomorrow, or they might not be alive tomorrow, then I would naturally treat them with love and throw away complaints.

For example, my mom needed help to do some internet banking things, but she is very slow with technology. She also couldn’t make a decision, so I was started to get impatient. But then I remembered “if I can help, I should not be selfish” and “hold gratitude in my heart.” I realized I was getting impatient because I wanted to go do my own things. But I realized this is an opportunity to show love for my mother and help reduce her stress. So I stayed by her side patiently and helped her complete her work.

### **Humility:**

As mentioned in the Personality Section, I really need to improve my loving kindness. When people criticize me, I often explain myself or argue back. During these two weeks, I paid careful attention to this problem and forced myself to not explain myself and not argue back.

For example, my mom complained that I was too busy and look too tired. I wanted to argue back and say, “Well that’s because work is really busy recently but it is only temporary. Later it will be back to

normal.” But I stopped myself. Instead, I thanked her for her concern and told her I would sleep more tomorrow.

I also spent every day reciting my personal motto and inspecting myself to improve my virtues.

## Part 5: Leadership

Leaders are people who can influence others, and all good leaders possess three traits:

1. Lead by example
2. Show genuine care
3. Coaching

During these two weeks while I was cultivating my virtues, I also tried to influence my mother to improve her humility. She is also a Turbulent type and an Upholder, so she has an arrogance problem like me. She often complains about others for not meeting her high expectations. My dad usually won't argue back, but I always argued back, which made her very upset. Since this problem causes us a lot of unhappiness, I decided the first thing is focus on is improving both of our humility.

First, I need to lead by example. So when she criticized me, I first worked very hard to not explain myself or argue back. I reminded myself everyday:

- “My when parents criticize me, accept it without arguing.”
- “Be appreciative when hearing criticism and afraid when hearing praise.”
- “It is better than people criticize me wrongfully than to feel that they cannot criticize me at all.”

One time, I finished washing some dishes, and my mother criticized that I didn't wash it clean enough. I was going to argue back and say I spent so much time washing those dirty dishes, it would take forever to make it 100% spotless clean. But I resisted. My mother saw me resisting the urge to talk back, and she said, “I can see you want to say something.” I told her “Thanks for letting me know. I will try to improve next time.” After that, she really admired my ability to not argue back.

Second, I need to show genuine care. I built a stronger relationship with my mother by giving her lots of words of affirmation, which is her love language. For example, I praised her virtues and thanked her a lot. I also gave her massages and cooked sometimes. She could feel that I was really trying to be filial and my intentions are good.

Third, I had to teach her about humility. I told her I need to talk about something important with her over the weekend when she is not busy. She said OK. I told her I am working on improving my humility, and she saw me not arguing back when she criticized me about the dishes not being clean. I then told her,

“Children learn from parents' role modeling. If you complain a lot, then I naturally learn to complain a lot too. I know you want me to be happy, so it is important for you to be happy and not complain so I can learn from your example. Di Zi Gui gives lots of advice on how to be humble, like being appreciative of criticism and always trying to improve ourselves rather than demanding others to be better.”

She thanked me for my teachings and said she will also work to improve her humility like I had. After that, when she complained about something, I reminded her that she wanted to improve her humility.

Then she apologized and said thank you for the reminder. She also followed my example to praise me and my dad more often.

From this experience, I learned that the three leadership traits really work. The most important part was for me to lead by example first. When my mother saw how hard I worked to improve my humility, she felt moved. Showing genuine care also showed her that I really care about her. I am telling her to not complain because it is for her own good, not because I don't like her complaining. The coaching part was easy because I already did the previous two steps.

In the future, I know that changing others takes a lot of hard work because we need to change ourselves first. When I realize how hard it is for me to fix my arrogance problem, I was also my forgiving and kind towards my mother when she had trouble fixing her habit. But improving my own virtues and influencing others to improve their virtues will make everyone more happy and more successful, so it is something we should keep doing for the rest of our lives!