

Chapter 13 | Be Your Best Because Others Depend on You

COVID-19 has taught us one important word that can save individual lives and save the world. That sacred word is RESPONSIBILITY.

This word is highlighted over and over again in various forms in all the guidelines and announcements about how to contain this dangerous pandemic (e.g., be responsible for the greater good!).

Hopefully, even when this crisis is over, we would still remember that in order for us to survive and thrive individually and collectively, we must be responsible for our behaviour and its consequences on others, whether they are good or bad.

This morning, during my meditation on how to best answer the threat of COVID-19, the hymn *I would be true because there are those who trust me* by Howard A Walter came to my mind and filled my heart with hope and joy. It can also lift up your spirit and give you the motivation you need to move forward with renewed hope and joy.



It will just take you a few minutes to find out why and how by reading this brief passage.

For all those burdened with care and worried about the future during these difficult days of COVID-19, *I would be true because there are those who trust me* could change your life by showing you the transforming power of willfully taking responsibility to be the keeper of your neighbours.

The virtue of responsibility can do more for you than just create self-efficacy, agency, or self-determination, it could also help beat depression and anxiety because it gives you many noble reasons for becoming your best in order to give your best to the world (Wong, 2016).

Responsibility help you achieving happiness and increase character strength than other psychological exercises because it teaches you that you can only become your best when you aspire to be a blessing to all the people around you.

Of course, you must take care of yourself. By taking good care of yourself, you would indirectly benefit others. But remember that whatever you do, it has repercussions on others. One for all and all for one—we are in this together. We are all connected in this global village. We all need to make some sacrifices so that the whole group can benefit individually and collectively.

Paradoxically, you find yourself by thinking about others. You find strength and joy in serving others. That is why I am grateful to Viktor Frankl for his emphasis on the power of taking responsibility in pursuing self-transcendence as the best way to achieve resilience. That concept allowed him to survive the Holocaust.

There is enough joy and positivity around for everyone, only if we all do our part to be our best.

Here are the inspiring words from *I would be true because there are those who trust me*. Let each word speak to your heart and let the music touch your soul:

I would be true, for there are those who trust me;
I would be pure, for there are those who care;
I would be strong, for there is much to suffer;
I would be brave, for there is much to dare.

I would be friend of all—the foe, the friendless;
I would be giving, and forget the gift;
I would be humble, for I know my weakness;
I would look up, and laugh, and love, and lift.

I would be faithful through each passing moment;
I would be constantly in touch with God;
I would be strong to follow where He leads me;
I would have faith to keep the path Christ trod.

Who is so low that I am not his brother?
Who is so high that I've no path to him?
Who is so poor I may not feel his hunger?
Who is so rich I may not pity him?

Who is so hurt I may not know his heartache?
Who sings for joy my heart may never share?
Who in God's heav'n has passed beyond my vision?
Who to hell's depths where I may never fare?

May none, then, call on me for understanding,
May none, then, turn to me for help in pain,
And drain alone his bitter cup of sorrow,
Or find he knocks upon my heart in vain.

Does each line of this beautiful hymn represent a characteristic of your life? Do you want to be a resilient, responsible, and joyful person as described here? I invite you to reflect on each line and write down how you can put it into practice (hear the full song by following this link: https://www.youtube.com/watch?v=5TM5E_e_hWc).