

Your Values Will Get You Through!



by Christine Foreman

After going through the Twelve Core Action Values training at our local hospital, Midland Memorial, and seeing how important building a Culture of Ownership is for personal and professional reasons, I was inspired to take the same positive initiative into our local public schools through the Midland Values Project. As a community and public-school advocate with a background in healthcare, I have seen firsthand how valuable the Twelve Core Action Values can be, and they are more important now than ever, as we face the COVID-19 pandemic.

I've witnessed our local healthcare workers being pushed to their limits, to the brink of exhaustion and beyond, caring for a community of people who need them and are suffering from symptoms that remain mysterious and, at times, devastating. And they keep doing it, not giving up, while sacrificing their own health and families.

As a parent of Midland Independent School District students, I see our education system is also being stressed. Parents, students, teachers, custodians, administrators, school nurses, etc. have all been affected by quarantine(s), virtual classrooms, lack of adequate technology, and mask wearing. The struggle to educate and engage students in a safe environment may seem impossible, yet educators continue to tirelessly face this challenge while making personal sacrifices.

The most frustrating part, I can only assume, is that the same community being cared for has been complacent about, even rebellious against, the very recommendations that professionals are advising will keep them safer and healthier. Thankfully, there is also a community of citizens who are lifting frontline workers up, encouraging and supporting their efforts during such a stressful time. The values of integrity, awareness, perseverance, resilience, and leadership are crucial in these unprecedented times. And honestly, they come in handy during "normal" life, too. What a blessing for our community that our local healthcare workers and educators can carry these values with them and are a part of the solution, not the problem.

While we are still in the midst of the pandemic, it is more important now more than ever to focus on our core values and promote a culture of ownership in our communities. We can only control our own actions and be aware of why we do what we do, and how what we do can affect others, both positively and negatively. We must be authentic and true to ourselves and to others. We must continue to resist the urge to blame and complain, and instead be a part of the solution. We have the tools. We are able and capable. And as my friend and mentor, Joe Tye reminds me, “I will have faith, that though I might not understand why adversity happens, by my conscious choice, I can find strength, compassion and grace through my trials.”

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A HUGE thank you to the frontline workers in our community, and in every community; to those who are called to care for, educate, and serve, sometimes without thanks. YOU are using your values of faith, purpose, courage, and service to make a positive impact. You are the backbone of our community and you are valued and appreciated. Thank you for staying strong for US!



Christine Foreman is a dedicated community activist in Midland, Texas and is a parent volunteer for the Midland Independent School District. She is a graduate of the Values Coach course on The Twelve Core Action Values and a Certified Values Coach Trainer (CVCT).

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