

Public figures behaving badly



It's a big week for apologies.

A few public figures (Rep. Joe Wilson, Kanye West, Serena Williams) are saying sorry for their bad behavior. Before we are too quick to judge these celebrity outbursts, how many of us have made remarks or acted in ways that we quickly regret?

But why? Is it just a lack of self-control? Maybe Rep. Wilson could not simply keep this thoughts to himself. What about a sense of narcissistic entitlement? Maybe Kanye thought that his views were more important than anything else and he deserved to share them.

In any case, it wouldn't hurt any of us to think more before we act (or speak). A quote from Frank Outlaw sums up how quickly our thoughts and words can define us:

*"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.*

Watch your character; it becomes your destiny."