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Joined WHS in 2005

Strength – One of my strengths is organization. Organization allows me to compartmentalize responsibilities running at the same time, ensuring that I am providing each project with the necessary attention to see things through. Developing a timeline of actions leading up to a deadline is one of the things that keeps me on pace to completing the project early. This also helps me in communicating effectively to ensure those around me that are part of the project are successful leading up to the desired outcome.

Top 3 Values & Why -

Integrity: The ability to follow through with a commitment is vitally important. This is also the belief that I can be relied upon to work hard and dedicate time to complete tasks to the best of my abilities. One thing I measure is what I am committing to or how many things I am committing my time and emotional health to in order to ensure, as much as possible, that positive impacts and outcomes are attained. The way I see it is that if I am on time, I am already late.

Family: Family has played an important role in my successes and ongoing understanding of who I am and my purpose in life. The family I come from is nowhere near made up of a perfect family situation, but the more I have tried to understand why things happened prior to me being born or while I was growing up, where we are today and how my immediate family has come to be, the more purpose in life I continue to find. Since family continues to serve as an inspiring and motivating factor in my life I attempt to inquire about others when I believe it may help to have a positive impact.

Self-Reflection: This routine impacts all aspects of my life. It humbles me and also drives my continued growth as a human being. One aspect of my routine is understanding and acknowledging that although my journey has had its difficulties, that there have been many sacrifices made by my parents and contributions of people outside of my family for me to have a chance to be the person I am today and live the life I am fortunate to have. It's a debt that will never be paid in full but I can look for opportunities to continue to pay it forward. The process reminds me that my decisions impact others around me and that my selfishness only limits the positive impact I can have on others.

Pledge (behaviors directly linked to values)-

I pledge to focus my energy on things that are within my control.

I pledge to think of happiness as not just an I statement but as a we statement.

I pledge to have empathy for others' struggles in order to understand.

I pledge to continue to pay it forward.