

Ten most important personal values:

Life



Ten Most Important Personal Values:

1. Faith
2. Peace
3. Wisdom
4. Respect
5. Happiness
6. Love
7. Success
8. Confidence
9. Compassion
10. Discipline

Regarding my personal values, I am the strongest in my first personal value, which is Faith. I've always had faith in every aspect of my life. With every accomplishment, test, or life decision, I put my faith in GOD that it is the right choice. Before enrolling back in school, I had faith that I would finish the course successfully, and I've now made it to my last week with a current 94 grade average. I feel that I could use improvement when it comes to the value of confidence within myself. Since becoming a nurse, I find myself studying skills and resources over and over because I am not confident that I will know how to perform the skill accurately. There have been times when other staff nurses have asked me questions that I know the answer to; however, I still look the answer up to be sure. I have always known that I need to improve within my personal value of confidence. When I first began working in the hospital I was unconfident when ordered to do skills that involved trachea care. When asked to perform trachea suctioning I utilized

my personal values of faith, wisdom, confidence, and success. I reminded myself to calm down and have faith and confidence that I knew how to do the skill successfully.

I made the decision to perform the skill because I wanted to learn to be successful and confident within myself. I reviewed the skill online and watched others perform it. I asked a coworker to listen to me verbalize the steps of the skill before implementing it. While carrying out the doctor's order for trachea suctioning, I utilized knowledge that I learned previously while in orientation and nursing school. Knowledge of oxygenation, suctioning time, supplies and patient position helped me to complete this skill. I used my most important personal value, faith, during this experience. I had faith in myself as well as GOD that I would complete the skill successfully without harming the patient or myself. Peace was evident in my clinical practice this week by keeping a clear yet positive mind when being presented with stressful task and assignments.