

Personal values and decision making



To discuss personal values and decision making, we need to know the definition of decision making is ‘ A principle, standard, or quality considered worthwhile or desirable. ‘ “ Values are a major motivating force for people because they categorise how people attach meaning, worth and importance to things. When a person’s values are matched, they feel complete and satisfied. If values are not met, there is a sense of dissatisfaction, unease or incongruity. This is something to bear in mind during persuasion and negotiation.” (Decision-Making-Confidence. com)

How are personal values and decision making related? Personal values determine our goals and outcomes in life. The goals we choose are the outer expression of our personal values. And decision making is similarly based upon our core values and even choosing your goals that’s already a decision. A person’s values will determine how they perceive any particular situation. So how can we benefit from this interaction between personal values and decision making?

Well first, if you want to know what your personal values are, you only need to think about some of the decisions you have made. Priorities? most important? Least important? A person’s identity and personality is ‘ held together’, you could say, by their values and beliefs. And we know your personal values and decision making are intimately connected. Knowing how to make decisions that satisfy your personal values means that your sense of self is strengthened by every decision. As opposed to making decisions that somehow weaken or fragment who you are.

In the website “ Decision Making Confidence” the autor mention activities and comments about decision making, he also is mentioning an activity, a quick exercise to determine your own hierarchy of values is to pick a simple activity that you do frequently, such as brushing your teeth, brushing your hair or putting on socks. He mention: “ Ask yourself ‘ What would have to happen so I did not do (the activity)? ‘ Then ask ‘ If that happened, what would have to happen so I did (the activity) anyway? ‘ Then ‘ If that happened, what would have to happen so I didn’t do (the activity)? ‘ Repeat questions 2 and 3 until you can go no further.

This will give you a list of your own personal values in the order of importance to you. ” So we do the activity mentioned, let’s brush our hair. Now “ What I would have to happen so I did not brush my hair? I will look ugly and unfashion, it is not clean for a woman, and for a person, is something that I really have to do. Then If that happened,” what would have to happen so I did brush my hair? I will be ok, like what I do everyday, but is something that I really have to do after the shower.

What would have to happen so I did not brush my hair? My hair will not look good, I will be look ugly and dirty, maybe I could lost my job because the people have to be clean and pretty at the office, it may cause a difficult situation for me. Now detect the personal values, yes maybe I am very vain, but I think that everybody agree that we have to be pretty or formal for your work, maybe it depends of the work but at least for woman , we have to be pretty, nice hair, clean clothes and make up (sometimes) I am not that girl but this is my code of ethics.

And I think that here is also included the status, is in relation, even that I am more involved with values that are not visual fastly, I mean you can see the values of the person when you behave with him/her. “ Many people are only vaguely aware of what their values are, although values work at a deep level as motivators for us. Being fully aware of our values is a means of protecting ourselves from manipulation by others and of increasing our skills in decision making. ” (Decision-Making-Confidence. com) In the activities of the discussion board, I selected in the first module activity between the values integrity and truth.

“ It was hard for me because honesty, respect , love and loyalty are values important for me, but I substitute honesty and respect with truth, because if I am honest and I have respect for a person I will practice the truth, and love and loyalty are important for me because love is with the family, with my and with my friends, is important for the success and loyalty I consider a lot because for a team of a company loyalty is very important, you have to know that you have loyalty in your company, to avoid cheating or things that can affect a company.

But I finally decided the values of integrity and truth. The integrity could be one of the most important values because is handled by ethics, I think that if you are an ethical person you should practice integrity. ” Then in the next modules, we discuss about an ethical dilemma, I do not want to use that dilemma again because I thought it was not very important, as the 3 week module ask “ is it a real ethical dilemma?” that is why I said, “ no” because I thought “ we are going to use a dilemma just for today, is the first activity” but it was not, so I did not knew that in the next week we are going to need <https://assignbuster.com/personal-values-and-decision-making/>

go deeply in the same dilemma, some students that are with me in the subject, are students from the same University and in where I am working, so I can't mention some things because that will not be ethical because I am talking about the issues of my office, it was difficult for me, for my ethics, and that's why I change the situation because I can't talk about the situations from my work.

I think that my code of ethics will be improved in this course because I am learning more about the priorities of my life, my work and my professional life, the decision making is always based with my core values and as we mention at discussion board, the code of ethics it does not change, it is improving every day, at every situation.