Values Reflection Paper

 [Name of the Writer]

[Name of the Institution]

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**My Core Values**

One of the most significant core values in my life is that I always speak the truth. I am an honest and direct person. I believe that truth is essential in my life.

Diligence

I considered my self-time management freak. I always focus on punctuality and try to finish my assigned task before time.

Authenticity

I believe that I am the same person on all occasion of my life. I never act differently in front of my in-laws, co-workers, friends, parents or any stranger. I always stay myself and never be afraid of anyone’s judgement.

Joyfulness

I always try to do such things which bring happiness and joy in my life. I usually enjoy small things such as music, hanging out with friends, walking, working out, reading, and many more.

Responsibility

I own my mistakes, actions, and the situation of my current life. I fully understand that what's in my control. I never take responsibility for such things which are not under my control.

Love

I think that I build deep and intimate relationships with other people. For me, depth means more than breadth. I always try to spend more time with my family and friends. I know my siblings on a deeper level. I love my family very much and always keep them on the highest priority.

Fearlessness

I never get afraid of future hardships and always try to face every challenge of my life with courage. I always do the right thing and never fear the rest.

Loyalty

Loyalty is the most important core value in my life. Once I build a bond with anyone I never break unless it's essential. Most importantly, I also stay loyal to myself and never sacrifice my own mental strength for others.

Curiosity

I love to get to the bottom of everything because I believe that it’s fun to know things.

How People Acquire and Change Values?

The development of values of any person is influenced by the environment around him. Nobody is born with the values, so people acquire and change their values throughout their whole lives. Till the age of eight everyone is like sponges who can easily absorb and accept everything from his environment. The most critical part of this stage is to learn a sense of wrong and right or bad and good. This is the most significant part of the construction of human values. Between the age of nine and thirteen everyone tries to copy other people around them most often their parents. Instead of blind acceptance of their core values, they are mostly influenced by their parents, and teachers (Beckett, Maynard, & Jordan, 2017). Within the period of socialization, i.e. between thirteen and twenty-one, their core values are largely influenced by their peers. In this period their interaction with different people has a great influence on their core values. In the older age of life, normative values such as religiosity and tradition have a great influence on the life of people. People tend to cling more strongly to their tradition as growing older. So it is concluded that age and life experiences play an important role in acquiring and changing the values of the person (McGehee, Germer, Neff, 2017).

**What Values do for and to us?**

Our values play a significant role in our life because they help us to develop and grow. Everyone is involved in making several decisions in his everyday life. These decisions are considered to be a reflection of his beliefs and values which are directed towards any particular purpose. Such purposes are the satisfaction of our collective or individual needs. Individual values reflect how people behave in their life and also reflects the particular principle of his life. Such values include personal fulfilment, humility, creativity, and enthusiasm. Relationship values reflect how they relate with other people in their life. Such values include trust, generosity, openness, and caring. Similarly, organisational values show how an organisation operates and shows up in society (Neal, 2017). Strategic alliances, productivity, teamwork, and financial growth are considered to be some common organisational values. Moreover, societal values reflect how an individual relates to society. Such values include sustainability, ecology, environmental awareness, and future generations. So, values are important because they can help in predicting each other’s choices and can also help in avoiding distrust, frustration, and misunderstanding (Prahalad, 2018).

**Nature and Importance of Human Values In the Workplace**

The values of the workplace are considered to be the guiding principles which are most significant to an individual about the way that he works. They use these principles for choosing between the wrong and right ways of working and also helps them for making some important decision during their job. Some example of values includes being accountable, focusing on detail, making a difference, being completely honest, delivering quality, being positive, being reliable, meeting deadlines, showing tolerance, and respecting the rules and policy of the company. Values of the workplace of any organisation set the tone for the culture of the company and also identify the principles in an organisation. By setting such values in the workplace, workers can understand one another and does the right thing for the right purpose. This common understanding and purpose can help the workers for building great working relationships. Alignment of these values can help the organisation to achieve its core goals and mission. When these values are properly set, then workers work towards the wrong goal with different intentions and undesired outcomes which can damage the creative potential, job satisfaction, productivity, and work relationships. Moreover, if an owner of an organisation known the core values of his workers, he can train them for covering skills gap which can lead his organisation to the path of success (Oh, Cho, & Lim, 2018).

**References**

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