Values Reflection Prompt

Personally, I find that my values often do not directly play a role in my decision making. I often end up making decisions without truly consciously considering if it really aligns with my pre-conceived notions of values. However, that is not to say that I do not treasure my values or adhere to them. Rather I believe that the actions and decisions I make say more about my values than what my “values” say in my actions. Values are something that change and something that my simply including it as a value does not make it so. We often try to come up with those idealized values that are commonly associated with what we perceive as normal or good. Values are seen in what we exhibit to others frequently or on a regular basis, and as such are often done subconsciously. The only time a value or trait is thought of consciously is when we are attempting to incorporate a new value into our repertoire or trying to enforce an old value we perceive to be exhibiting to others less and less. This is an important distinction to make, as I feel values are truly something more inherent to one’s self and something that doesn’t often come into conscience consideration. As we have talked about previously in class, reflection is a vital component to understanding and knowing your own values as well as gauging where we are in our life. This reflection is where we take into account all that has happened and where we stand on issues through our values. The problem with most decisions that are made is that this level of reflection is not achieved, thus rendering our values to simply being subconsciously reflected as we carry out our lives.