**Personal Values Worksheet**

1. Which of the four obstacles seems to get in your way most often when it comes to working and living your personal values?

It may be challenging to live a morally upright life, and on this journey, I regularly run against four major roadblocks. It worries me that my ideals don't appear to apply to both my personal and professional life. It can be challenging for me to choose which is consistent with my true convictions when I'm unclear. And then there's the worry about what could occur if I follow my moral convictions. I am concerned about how it could impact me personally or at work. When times are rough, I can be prevented by this fear from speaking out for what I believe in.

Additionally, there are external constraints such as what society, my friends, or my profession need of me. These pressures may cause me to stray from my own principles, making it challenging to uphold my convictions. Finally, striking a balance between my ideals and the values of the society or the work I do is my obligation. It's like attempting to balance while balancing on a tightrope. These difficulties serve as a reminder that upholding my morals is not always simple. I must be self-aware, courageous, and resilient as I negotiate life's turns and turns.

1. What do you say if employee “Ted” tells you he has been hearing rumors and asks you, point-blank, if he is going to lose his job? Do you tell the truth or keep your promise to the company?

I would first reassure Ted that I take his concerns seriously if he approached me and stated, "I've been hearing rumors about losing my job. Ask me directly if it's true." Following that, I would explain that I need some time to compile all the essential data and have an appropriate conversation about it. This would be done out of respect for Ted's concerns and my adherence to the rules set out by the company.

Later, after I had a chance to assess the circumstances properly and had obtained approval from the business, I would speak openly with Ted. Whatever it was, I'd tell him the truth. It's crucial to preserve openness and trust with coworkers while simultaneously being accountable to the business. So, in the end, I'd try my best to uphold the company's word and be honest with Ted.

1. Choose three difficult situations from your work or life’s experience, one where you chose to exit the situation, one where you “did what you were told”, and one where you chose to speak up and raise concerns. Describe each situation briefly and explain why you chose the response you made in each situation.

**Exiting a Toxic Work Environment:**

I found myself caught up in a difficult scenario and a hostile workplace. There was no work-life balance, there were never-ending interpersonal disputes, and the task was unrelenting. This poisonous atmosphere was seriously harming my mental health and welfare, went against my core values of respect, and made living a balanced life impossible. I decided because of that situation, to leave my job. I have put my commitment to a good job at risk with this decision. My mental and emotionally well-being, as well as the sense that I am an honest man is in jeopardy.

**Following Managerial Instructions:**

During the execution of a pivotal project, I encountered a complex situation. My manager issued specific instructions that deviated from my initial approach. Despite harboring concerns about the effectiveness of these instructions, I recognized my relative inexperience in handling similar projects. Consequently, I decided to follow my manager's directives. This choice was grounded in acknowledging their superior expertise and experience. It also presented a valuable opportunity for me to learn and grow, aligning with my values of teamwork and a desire to benefit from the wisdom of more experienced colleagues.

**Speaking Up and Addressing Critical Flaws:**

In another challenging scenario, I discovered a significant flaw in a project during its final stages. This flaw posed a substantial risk to the product's successful launch. However, the team and management were grappling with intense pressure to meet tight deadlines. In response, I chose to speak up and address the critical flaw immediately. My choice was motivated by my unwavering passion for upholding ethics and producing work of the highest caliber. I genuinely thought it was necessary to secure the safety and eventual success of the project, despite the challenges of bringing up the subject and the possibility for awkward talks about missing deadlines.