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Principles of Management

Honesty Essay

People often say that honesty is the best policy. I have always wondered how true this statement really is. I consider myself an honest person all ready, but sometimes I feel as if I must lie to other sometimes to protect their feelings. These three days have been rough to say the least. I learned a lot about myself and others. I decided to start my three days on honesty on Wednesday and ended on Friday. Within this paper, I will describe each of these three days in detail so that you can get a picture of what my life looks like when I am completely honest.

On day one, I woke around 12:30 and continued with my daily routine: shower, brush my teeth, put on my clothes, and do my hair. I am not really a breakfast person, so I tend to skip that part. I have class after 1:00 every day except for Friday (I do not have any classes on Friday), so I tend to lay in the bed until I am ready to go. On Monday and Wednesday, my first class is at 1:50, so I try to leave my house at 1:30 so that I have time to walk to the building and not be late. After my 1:50 class, I have another class at 4:30 p.m. so I just try to go back to my room and take a nap to refresh my mind before leaving out. I usually wake up around 4:05 p.m. and read over to the school. This class ends wat 5:45 p.m. Once I am done with all my classes for the day I usually hang out with my friends until it is time for me to go to bed. On this day, I decided to stay in my room and do my work all day. I usually wait to the last minute to do assignments because I spend so much time being out, that I do not have the time to work on assignments. I usually will eat almost every day, but on this day, I decided cook. When I cook, I try to prepare meals that will last me a couple of days, so I made tacos. After eating my dinner, I went to bed around 12:00 a.m. This day taught me a lot about myself. I feel better when my day is productive. I have time to think about things that I shouldn't when I'm no as busy. I am an overthinker and sometimes I get lost in my thoughts. I believe that staying busy gives me less time to think about other things. This may not be the best way to handle things, but it is a great coping mechanism for me right now.

On day two, I woke around 11:40 p.m. and continued with my daily routine. I decided to try and eat a bowl of cereal for breakfast, but I couldn't keep it down. On Tuesday and Thursday, I only have one class, and it is at 1:40, so I try to leave my house at 1:25 p.m. This class ends at 2:55, but majority of the time I get out much early than that. My professor does not care to run over time, so we will discuss the lecture and let us go. After my class, I went to Sub Connect on campus and got me a sub with my friends. After I ate my sub sandwich, I went back to my room. I usually will take a nap before I start any homework so that I have enough energy to finish an assignment. I set my timer for an hour and 30 minutes. After my nap, I started on my homework. Shortly after starting my homework, I decided to take a short break and hang out with my friends. An hour with them turned into 3 hours unfortunately. While with my friends, we got into a little argument. Sometimes my friends can be a bit much for me. I am an introvert, so I do not want to be around a lot of people for a long period of time. If I run out of energy when I'm with my friends, I tend to get a little aggressive or irritable, and I will take this frustration out on them. This is also the time when I get brutally honest and begin to not care about anyone's feelings. On this day, my friends and I were having discussion about who was going to drive. Now I am the

one that usually drives everywhere, which as you can imagine, burns a lot of gas. I have a problem with asking people for money, so I would have to come up with the money myself. This requires me to ask one of my parents which I dread doing. But instead, of asking my parents for gas money, I told my friends that I did not want to drive my car. This upset one of my friends because I am her only means of transportation as of right now. This upset her a little bit, which made me feel bad, but it was something that needed to be done. I learned a valuable lesson after day two. That lesson is to speak up for myself when need be. I am always the person that let's things slide and tries to please everyone, and I am also the person that gets used to most. I need to be more assertive if that is the only way to get my point across. Now I know that being brutally honest is always not the way to get, but it is necessary most times.

My last day was on a Friday. I do not have classes on Friday, so I always have the option of sleeping in, or getting up and being productive. Since this was an honesty project, I decided to get up and be productive. I woke up around 10:00 a.m. and did a little homework. Around 11:50 a.m., I decided to get in the shower. I try to wash my hair every week but sometimes I just don't have the time, but on this Friday, I had some extra time. I shampooed and conditioned my hair while I was in the shower. I then stepped out of the shower and deep conditioned my hair for about 2 hours. While deep conditioning my hair, I also finished up on the rest of my work. Once those two hours were up, I stepped back in the shower, washed the deep conditioner out, and continued with my regular shower routine. After my shower I got dressed and put a load of clothes into the washer. While waiting on my clothes to dry, I decided to go out with one of my friends. Since I am not working now, my dad sends me a couple of dollars every week. This money usually does not last me until the end of the week, but on this day, I chose to try and save as much as I could. I only bought things that I needed, and I didn't let any of my friends borrow money. I have a hard time telling people "no" sometimes because I want other to know that I will always be there for them if they need me. I need to start taking care of me first before I tend to someone else.

These three days have been eye opening to me in so many ways. I learned a lot about myself and others around me. I need to make more time for myself. I tend to be the go-to person to my friends, which can sometimes lead you to feeling used in the long run. I am the person that will give you my last. This is not healthy for my mental health. I think that it is best to try and spend as much time with myself as possible throughout the week. After these three days, I have a new outlook on life. I know that I cannot control everything. Honesty is not the best policy all the time. You should never make decisions when you are mad, those are usually the ones that you will regret later.