LETTING OUR VALUES SPEAK FOR OUR CHOICES

by:
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He that always give way to others will end up having no principle of his own.”

-Aesop

Problems are part of our lives. We know that almost all problems are temporary so we tend to solve our problems right away. This entails us to make choices and decisions that may lead to the solution to our problem. But even problems are temporary, it does not spare us from feeling pained. And we often let this pain affect our choices and actions. There are suggestions noted before that we should never decide when we are angry, sad or in despair, since this will not give us a rational decision. You tend to make decisions out of what you really want or know what to do. When you let your problem drive your choices, that will be a bigger problem.

So how can we make better decisions while we are still suffering from temporary pains?

The famous blogger James Clear in his website (jamesclear.com) offered some suggestions on how to let our values drive our choices in life, so that our decisions would make us better, rather than pained and suffer more.

1. **Let your values talk.** Before making a decision, try to let your values speak. Internalize and reflect before putting your pain into action. You are not yourself when you are in pain, so learn to let your values rule over.
2. **Limit your options to what fits your values.** There would be limitations on the decisions we make. From these limitations, make a better one and come up with a better choice. Limit your choices to what really fits your values, so that your behavior would match your beliefs and preferences.

3. **Align your values to your work and life.** Sometimes we do not even know the values we have, learn to reflect. Then try to align the values we have to the way we do our tasks, the methods we use in doing our job, the strategies we make to accomplish our goals.

4. **Have a clear understanding of your values.** You are the one knows what you really wanted, what you believe at, what you think will be more important. That is what your values is all about. Always have a clear understanding of the values you have in life, and do not bother yourself on the values of other people. Their values cannot be yours, and your values cannot be theirs.

Whatever values we have in life, always remember that it could be a great help if we will consider them before making any decision. Never make a choice when your emotions are too heavy, or your pain is too hurting. This could lead us to decisions that we might regret in the end. And if that happens, another pain will be experienced and it will not do us good. Because of this, we have to consider the suggestions presented earlier so that we could be guided whenever we are in pain and seems to be weary.

Let your values overcome your struggles. Let your values speak for your decisions.

**References:**

https://jamesclear.com/articles