Chou Thao

**Choose three values that are the most important to you that relate to both your personal and your professional life. Write about which three you choose, why you choose them, and how these would make a difference in your professional career.**

Whether we are consciously aware of them or not, we all have and live by personal values. I believe that values are what we need in order for us to live our life fully so that we can be happy and feel good. Our values are based on our experiences in life. I believe that our values does impact on everything from who we are attracted to, our tastes, things we have interests in, our religions and what we are passionate about. Core values are values we ought to follow because it stands for what we believe in. Three core values that are important to me are hard work, integrity and family.

I have always believed that if I work hard I will be successful. You just have to be persistent when pursuing your goals and objectives. I tend to stick to my goals and objectives even when my patience and enthusiasm wears thin. I learned that if I work hard at improving my personal life, I will be a better person and will be happy. I know that I must work hard in order for me to be successful in my professional career. I also know that I must choose a career that I like or value in order for me to want to work hard in that career. When I was working for a local organization here in Chico, I was working very hard to make that organization shine because I believed in that organization’s values and missions.

Integrity is a core value that is also important to me. Integrity means keeping one's morality intact. To me, integrity is about helping an old lady cross the road, respecting my elders and taking care of those younger than me. I believe integrity is an important core value to have because it can help improve my personal and professional life. Integrity can help me determine right from wrong. Integrity can also help me be passionate about what I do.

Another core value that is important to me is family. I was raised in an Asian-American household and was taught the value of family. I have always been close to my family. My family has always supported me. My family taught me how to be a good person and what is right from wrong. My family did influence my personal and professional life. To date, I have had a very productive and satisfying personal life. I know I will have a successful professional life because the values I have gained from my family also correlate with values found in the workplace.

I learned that with well-articulated core values in place, I am able to set goals that feel right to me and I’ll be far more likely to achieve. When our lives and activities are aligned with our core values, we are being true to ourselves. This will result in a sense of fulfillment and satisfaction.