

VALUES>DECISIONS>THOUGHTS>BEHAVIORS

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Students need to think how our behaviors (and the behaviors of others) don't just come out of thin air. Behaviors begin with an internal process that then manifests itself in our actions.

Let me give you a few examples that I often use in class (please come up with your own).

Example 1:

In my mind I hold values. If one of the values is that I am "open minded" then when I meet someone who is a different than me, my decision is that I would like to have a conversation with them, then my thoughts go to "what questions could I ask them?" and then my behavior is to start asking questions with an open mind to actually learn something.

Example 2:

If one of my values is that I am a hard worker. Then my decision is to attack all problems with hard work. So when my boss walks in and says "This project is difficult and it is going to take a lot of hard work." My thought is to "get ready to work" and my behavior is to lean in and get working (and not feel sorry for myself).

Example 3:

If one of my values is that I'm super smart and I should not have to work at things as hard as other people to work at or solve complex issues. Then I hold a value that hard work is for people who are not as smart as I am. Then my decisions are to sit back and watch other people stumble as they try to accomplish projects and my behavior is to observe (and maybe laugh at others) while they try to figure out complex issues.

