**Being Ethical**

Student's Name

Course Title

Instructor's Name

Due Date

**Being Ethical**

Being ethical is a crucial trait everyone must adopt to ensure our world is better. Ethics have various definitions, but to keep it simple, these are the values and principles a person sticks to at all costs. An ethical person walks and talks about their beliefs and is disciplined in adhering to their values even when inconvenient. According to Craft (2013), all successful people in the world have common ethical traits that govern them to maintain the success they have acquired (Craft, 2013). Being ethical is the catalyst for making good decisions in all aspects of life. However, ethics are used in all areas of life, including personal, academic, and professional areas. According to Wittmer (2019)**,** growth is the primary purpose of life, and therefore, being ethical promotes the growth and expansion of a person. Simple actions such as telling the truth, supporting each other, and staying faithful to our promises are forms of being ethical that promote a better life (Schwartz, 2016). This paper will discuss the importance of being ethical and how it relates to personal, academic, and professional growth in life. I will also give a personal story of how I encountered an ethical dilemma, the steps I took to solve the issue, and its impact in my life.

**Why be ethical?**

It is important to note that everything is connects to everything else; thus, how we do one thing is how we do everything. Therefore, having this knowledge enables us to always do every action with intention. Schwartz (2016)explains that being ethical is a lifestyle since it influences our daily activities. Every decision we make has a consequence that is either pleasant or unpleasant. Therefore, having good values that guide every decision we make most of the time enables us to experience positive impacts which affect even those around us. However, it is a personal responsibility to abide by the principles we have created for ourselves or those designed to promote a better society. Moreover, having ethics creates respect and trust for each other, which enable people to live together as a community (Trudel & Cotte, 2008). Principles such as integrity, honesty, responsibility, fairness, transparency, and accountability promote oneness and togetherness in a specific community. Ethics are practiced in workplaces, schools, hospitals, and other areas of life, including our personal lives.

Furthermore, good morals drive sound decisions. Thus, being ethical improves our ability to make strategic and relevant choices that are well thought of. However, it is essential to first identify our intentions before making any choice. Intentionality is a crucial value to have in life because it guides us on the way forward. It prevents us from making impulsive and emotional decisions that often lead to regrettable consequences. According to Holtzhausen (2015),having solid principles guide us in making decisions that promote long-term gains. An ethical person is a persistent person with a clear life purpose. Being ethical enables one to make decisions that benefit us in the long run, not for short-term gratification. Unethical traits such as greed, corruption, selfishness, and abuse are caused by a short gratification where one just thinks of themselves and does not care for the well-being of others (Stevens, Deuling, & Armenakis, 2012).

Additionally, having good ethics promotes equity, fairness, and the well-being of society. Every leader is responsible for being ethical and promoting social justice for every person in the community. Leaders are the face of society, and thus, if they are ethical, society will become ethical. Ethics gives people a sense of belonging and promotes accountability. For instance, being ethical in the workplace enables workers and their leaders to work together harmoniously and understand, to achieve the company's objectives. Therefore, an ethical worker goes above and beyond to ensure the objectives are met, thus creating a feeling of ownership and fulfillment within themselves. Also, being ethical attracts positive people, things, and events in life.

According to the law of attraction, people attract what they are, not what they want. Therefore, becoming ethical is crucial to attracting ethical people into your life and thus having a better life in the long run (Wittmer, 2019). Finally, being ethical helps in solving conflicts and overcoming adversities of life. Life throws everything to us, and it is our responsibility to make valuable decisions that enable us to overcome the challenges we face in our daily lives. An ethical person knows how to handle different situations in relation to their principles. They can calmly accept a situation they cannot control, adapt to it, and tackle a problem they can change. Also, they can make good decisions that enable them to live with others in peace and harmony. Having morals that guide us daily is vital to improving the world.

**How it relates to personal growth**

A famous quote states that you are dying if you are not growing. This saying is very true because when we rebel to grow and stay in our comfort zones, we become inactive, and thus our minds stop functioning correctly. Understanding that growth happens at the edge of our comfort zones when we push ourselves and do insignificant things for long-term gains is crucial. Therefore, having moral values such as discipline, persistence, commitment, and openness to learning enables us to be ethical and, thus, continuously grow. Moreover, taking responsibility for our lives is a vital principle to have. It allows one to be accountable for their actions and not blame others for what is happening in their lives. An ethical person does not dwell on past mistakes and failures but ensures they are in the current moment. Dwelling on past events is detrimental to personal growth because of the false perspectives it causes (Arciniega, Stanley, Puga-Méndez, Obregón-Schael, & Politi-Salame, 2019). The ethical practice is to be in the present moment and focus on the next action step. Additionally, worrying about what may happen in the future instills fear of taking action which is also a slippery slope. Self-confidence and self-belief are influenced by being ethical and promoting good morals and values to yourself and others. Therefore, being ethical supports personal growth and success in all aspects of life. Similarly, being unethical is associated with unpleasant traits that keep people from growing exponentially.

**How it relates to Academic Growth**

Ethics are included in all levels of life because one cannot make the right decisions without good ethics. They impact our behavior and daily choices, even in academics. Education is a form of growth because it entails learning new concepts that we apply in our lives. However, ethics in education has two main objectives. The first objective is understanding ethical issues and how they can be addressed in different fields, such as business, economics, medicine, and law. The other aim is to have critical thinking abilities to make the right decisions, personally grow, and promote a morally upright society. Moreover, having educational knowledge is useless without proper life skills and morals. Therefore, being ethical and having the appropriate knowledge is a game changer (Valentine & Fleischman, 2008). Firstly, honesty is essential for students to build trust with their tutors. Honesty is not natural, but one can learn it in school, and teachers have a responsibility to teach the students how to be honest and its importance. Another vital ethical trait that perfectly relates to academic growth is responsibility. Students are responsible for their success through the effort and dedication they put into their studies. Moreover, they are responsible for communicating effectively with teachers and classmates and completing any assignment given by the teacher. Hence, acquiring good ethics is vital to the student's academic and personal growth since everything is connected.

**How it relates to Professional Growth**

Professionals have rigid morals and principles that they follow to ensure they maintain their high position. Iconic and transformational leaders are well-skilled individuals who understand that skills are insufficient to bring societal change. Good morals and actions are the actual catalysts of change and success. They know that problems are solved by making transformative decisions. Moreover, successful organizations have core values that must be adhered to by every employee (Holtzhausen, 2015). A business code of ethics is implemented in most organizations, promoting equality, fairness, and the well-being of the employees. Professional ethics include justice, equality, transparency, compliance with the law, confidentiality, trust, accountability, etc. When these values are associated with technical skills, they lead to exponential growth and success in any profession.

**Ethical dilemma personal experience and how education have influenced my ethical values.**

My dilemma is an everyday decision that is so easy to make and also easy not to make, and most people still struggle with it. Waking up at 5 am was a challenge, and I always fought the dilemma every morning. I used to set up an alarm at 5:30 am, but when it went off, I used to put it off and add some more sleeping minutes. Sometimes I ignored it and continued sleeping. I always felt guilty after waking up because I did not do what I said I would do. I later figured out it was a self-discipline issue and had to work on it. So, I decided to extend the alarm to 6 am and build a habit of waking up consistently at 6 am. I also decided that after the alarm goes off, I will immediately get out of bed before I convince myself to sleep a bit longer after a month of consistently waking up at 6 am. I kept on reducing the waking up time and applied the same procedure.

Eventually, I could even wake up at 5 am, even before the alarm went off. I had to train my mind in the self-discipline trait, and I am glad I gained it. I was so proud of myself, felt more confident, and loved myself more. I pushed myself out of my comfort zone, and that is where growth happened. My life has been different since I learnt the importance of having good ethics. I have read some educational materials that illustrate about ethics, and applied the suggested practices in to my life. Moreover, being a student have influenced my understanding of ethical values and I have adopted significant morals that are life changing. I have grown into a better individual both in my career, academics, and as a person.

**Conclusion**

It is evident that being ethical relates to all areas of life and promotes growth and better life. Being ethical is a lifestyle that every person should adopt in their life. The benefits of having good morals are life-changing and vital to one's success. The paper has profoundly discussed the importance of having good ethics and how they relate to personal, academic, and professional growth. Moreover, I have narrated a personal story of how I encountered an ethical dilemma and the steps I took to ensure I did the right thing that was uncomfortable but necessary. Therefore, being ethical is necessary for life, and when combined with other technical skills, magical things, and wonders happen in our lives. It is crucial to note that everything is connected; therefore, being ethical positively affects all aspects of our lives.

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