**VALUES**

How do you spend your spare time? How do you spend your money?

YOUR ANSWERS TO BOTH OF THESE QUESTIONS CONNECT TO YOUR VALUES!

**WHAT IS A VALUE?**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about which we feel strongly.
* A belief or feeling that someone or something is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Something that affects our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, goals and behavior.
* Values are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to guide your action, judgments, and attitudes.

**Values – Goals – Behavior – Self-Value**

* Values give direction and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to behavior.
* Values help you know what to and not to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Values establish a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ between you and the world.
* Values set the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for one’s life.

**WHERE DO WE GET OUR VALUES?**

**home, school, society**, **friends, TV, church, music, books, family, culture, era in which you were raised…**

What does your generation value?

**Age has a strong influence on what you value because of exposure to different influences:**

* Ages 1-7 --- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Ages 8-13 --- \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (athletes, musicians, actors)
* Ages 14-20 --- \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (values because of peers or peers because of values?)
* Ages 21+ your values are \_\_\_\_\_\_\_\_\_\_\_\_\_\_, but you may test your values from time to time.

**MATURITY:**

* Mature (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
	+ Clear values
	+ Life has purpose, meaning, direction
* Immature (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
	+ Unclear values
	+ Drifters, “flighty”, uncertain, apathetic

**Values tend change over a life-time because experiences change your view.**

**MAKING DECISIONS THAT CONNECT TO YOUR VALUES:**

* + a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is someone who subscribes to one set of values but who’s actions reflect another
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ comes from letting values decide your behavior and goals.

“Always let your conscience be your guide”

**VALUES MIND MAP:**

Throughout the last few classes we have been talking about values. On paper or digitally create a mind map that lists at least FIVE things YOU value (qualities, characteristics, ideas, people, etc) in each of the following areas. You should be at the center of your map!

FAMILY FRIENDS FUTURE

YOUR MIND MAP SHOULD BE COLOURFUL, CREATIVE, AND THOUGHTFUL. ADD VISUALS WHERE POSSIBLE (minimum 3 – one per category)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DOES NOT MEET EXPECTATIONS/****CRITERIA established for this assignment** | **MINIMALLY MEETS****EXPECTATIONS/****CRITERIA****established for this assignment** | **PARTIALLY MEETS EXPECTATIONS/****CRITERIA****established for this assignment** | **FULLY MEETS EXPECTATIONS/****CRITERIA****established for this assignment** | **EXCEEDS****EXPECTATIONS/****CRITERIA****established for this assignment** |
|  **NHI I**  **0-45%** |  **C- C**  **55% 60%** |  **C+ B-**  **70% 73%**  |  **B B+ A-** **78% 82% 86%** |  **A A+** **92% 100%** |