

## Values

**In general term Values** are individual beliefs that motivate people to act one way or another. They serve as a guide for human behavior. Generally, people are predisposed to adopt the **values** that they are raised with. People also tend to believe that those **values** are “right” because they are the **values** of their particular culture.

Values means:

- core elements in your life that drive you forward on the road of morality
- elements that you accept as imperative to your life
- things against which you measure your decisions
- beliefs

Source of values:

•Experience •Life •Religion •Background •Sense of self

Moral Values:

Moral Values are individual standards of good and evil

- They shape character
  - Our standards of good and bad
  - Help in making the right decisions
  - Helps improve interpersonal skills
- E.g.: altruism, respect, fairness, forgiveness, modesty, honesty, kindness, gentleness, loyalty, generosity, compassion.

Example:

Moral value	Practice in sport	Practice in life
Respect	<ul style="list-style-type: none"> <li>• Respect for the rules and tradition</li> <li>• Respect for the opponent and official</li> <li>• Respect for the victory and defeat</li> </ul>	<ul style="list-style-type: none"> <li>• Respect for others</li> <li>• Respect the property of others</li> <li>• Respect for the environment and himself</li> </ul>
Responsibility	<ul style="list-style-type: none"> <li>• Readiness in doing something</li> <li>• Discipline in training and competition</li> <li>• Cooperative with other players</li> </ul>	<ul style="list-style-type: none"> <li>• Meets the duty</li> <li>• believable</li> <li>• self-control</li> </ul>
Care	<ul style="list-style-type: none"> <li>• Helping a friend in order to play well</li> <li>• Helping a troubled friend</li> <li>• Giving much praise, reducing criticism</li> <li>• Playing for the team, not himself</li> </ul>	<ul style="list-style-type: none"> <li>• Empathetic</li> <li>• Forgiving</li> <li>• Putting a greater importance</li> </ul>
Honesty	<ul style="list-style-type: none"> <li>• Obey the rules</li> <li>• Loyal to the team</li> <li>• Admitting the error</li> </ul>	<ul style="list-style-type: none"> <li>• Having integrity</li> <li>• Reliable</li> <li>• Doing something well</li> </ul>
Fair	<ul style="list-style-type: none"> <li>• Fair on all players including different</li> <li>• Provide an opportunity for other players</li> </ul>	<ul style="list-style-type: none"> <li>• Follow the rules</li> <li>• Tolerant to others</li> <li>• Willingness to share</li> <li>• Do not take advantage of the troubles of others</li> </ul>
Attitude	<ul style="list-style-type: none"> <li>• Being an example / model</li> <li>• Encourage good behavior</li> <li>• Strive for excellence</li> </ul>	<ul style="list-style-type: none"> <li>• Being an example / model</li> <li>• Encourage good behavior</li> <li>• Strive for excellence</li> </ul>

(Ali Maksum, 2009;31).

(b) Social Values:

**Social values** are a set of moral principles defined by society dynamics, institutions, traditions and cultural beliefs. These **values** are implicit guidelines that provide orientation to individuals and corporations to conduct themselves properly within a **social** system.

- Represent the stability of a society
- They are the general rules of conduct
- They encourage social control
- They nurture respect for human dignity

Personal Values

- Personal standards of beliefs and principles
- Guide a person's life choices
- Help us in decision making

e.g.: honesty, perseverance, respect, etc.

Character:

The **character** of a person consists of all the qualities they have that make them distinct from other people.

The six traits of character are:

1. Trustworthiness
2. Respect
3. Responsibility
4. Fairness
5. Caring
6. Citizenship

Self Analysis:

Who Am I?

The journey to discovering who you are, why you are on this earth, what your purpose in life is, is truly a fascinating and compelling one.

‘Who Am I?’ is a life changing question

Steps to Discovering Self

- Ask and acknowledge your unique purpose on the earth
- Be honest
- Find a companion for the journey of self discovery
- Embrace change
- Rejoice

Swot Analysis

•A SWOT Analysis is a self assessment of one’s Strengths, Weaknesses, Opportunities and Threats.

•SWOT brings increased awareness of advantages and challenges.

Start by asking yourself questions for each of the four quadrants. Honesty is the prime ingredient for this analysis.

**Strengths:** These are skills and traits that set you apart from others. Some of the questions that you could consider here are:

- What are you good at naturally?
- What skills do you have that make you unique?
- What are your talents?
- How strong are your network/connections?
- What do others see as your strengths?

**Weaknesses:** These are factors that you need to improve on and what could make you lag in your career. Some of the questions that you could consider here are:

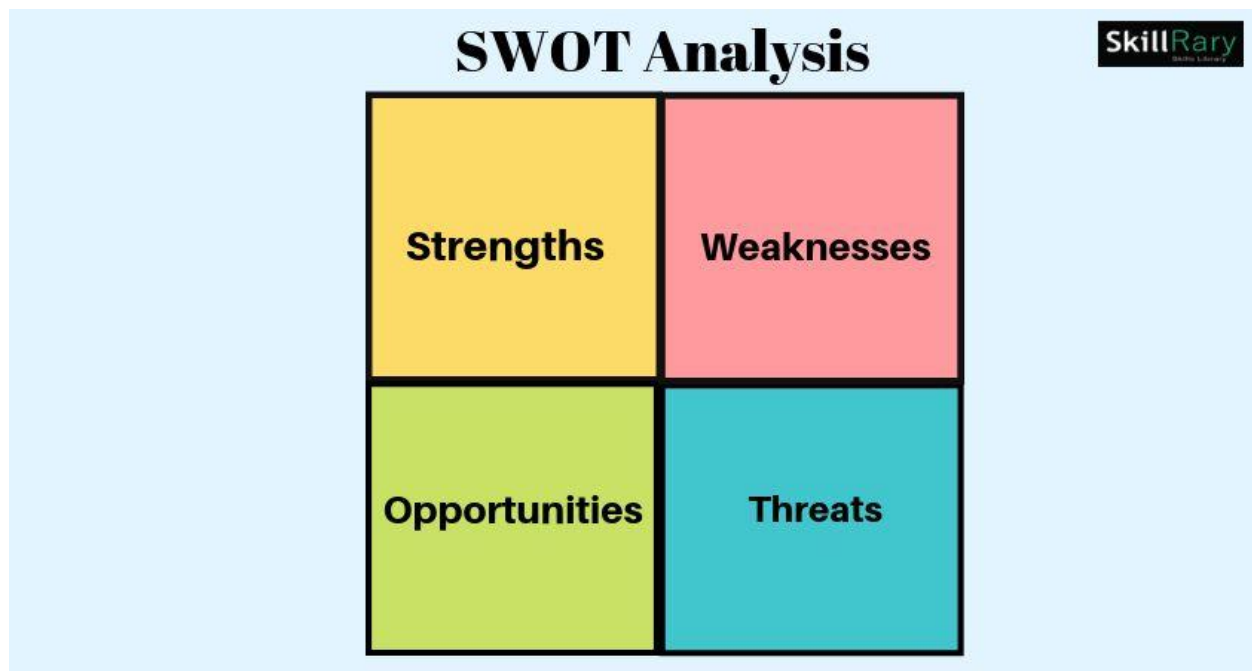
- What are your negative traits/habits?
- Do you need to educate yourself more in any areas?
- What do other people see as your weakness?
- What are you afraid of or what you avoid doing?
- What is some of the negative feedback you have received?

**Opportunities:** These are external factors that you align with your strengths and pave way for a promotion or a hidden opportunity. Some of the questions that you could consider here are:

- What is the trend in the job market?
- How is your industry growing?
- Is there a demand for the skill or trait you possess?
- What are the biggest changes expected in business environment?
- Have you received any feedback on what new services you could provide with your skills?

Threats: Look at what could derail your career growth and includes external factors that could hurt your chances to attain your goals. Some of the questions that you could consider here are:

- Is the industry changing directions?
- Is there strong competition for the job that you are currently doing?
- Do your weaknesses inhibit you from growing?
- What is the biggest external threat to your goals?
- Are you unable to meet the expectation standards of your job?





## Why SWOT Analysis?

- ✓ to **capitalize** on strengths
- ✓ to **overcome** weaknesses
- ✓ to **exploit** opportunities
- ✓ to **survive** threats
- ✓ to be pro-active
- ✓ to take better decisions

Attributes of Self According to John T Chirban, the true self is believed to have seven intrinsic qualities of true self are:

- Spontaneity
- Reasoning
- Discernment
- Creativity
- Freewill
- Spirituality
- Love

## **Self Confidence and Self Esteem**

**Self-confidence** is understanding that you trust your own judgment and abilities, and that you value yourself and feel worthy, regardless of any imperfections or of what others may believe about you.

It is the trust one has in one's abilities, qualities, and judgment

- It is vital for success
- It is a positive trait

### **(a) Characteristics of Self-Confident People**

- ☐ Do what they believe is right even in the face of criticism
- ☐ Are prepared to take risks
- ☐ Go the extra mile to achieve better
- ☐ Are not afraid to admit their mistakes
- ☐ Learn from their mistakes
- ☐ On achieving something they look forward to accolades/praise
- ☐ Graciously accept compliments

### **(b) Ways to Improve Self Confidence:**

- ☐ Avoid negativity
- ☐ Enhance your image
- ☐ Improve your body language
- ☐ Don't accept failure as final
- ☐ Gear up and be prepared
- ☐ Commit yourself to success

## Self Esteem

- Self esteem is the sum of the thoughts, feelings, and opinions one has about oneself.
- It is a subjective evaluation
- It can vary from time to time

Signs of low self esteem Signs of low self esteem are:

- Being critical of self
- Ignoring accomplishments and focusing on the negative
- Making comparisons with others
- Rejecting compliments
- Negative self talk

## Ways to Build Self Esteem

- Focus on your strengths
- Build positivity
- Avoid comparisons
- Don't strive for perfection
- Do what make you happy



## Summary

- ☐ Values are the elements that you accept as imperative to the way you live and work.
- ☐ Values emerge from a variety of sources –religion, background, experience, circumstances, sense of self, beliefs, etc.
- ☐ The six traits of character are – Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship
- ☐ SWOT stands for Strengths, Weaknesses, Opportunities and Threats.
- ☐ Self Confidence is the trust one has in one's abilities, qualities, and judgment.
- ☐ Self esteem is the sum of the thoughts, feelings, and opinions one has about oneself.