Week 6 Lab:

Values

**Answer the following questions using full sentences:**

*You can also use this* [*tool*](https://personalvalu.es/) *to narrow down your values if you’re unsure of what they are.***My values (greatest to least important): Freedom, Discipline, Financial stability, Intelligence, Meaningful work**

1. Values tend to change as we pass through different stages of life. For example, the things that a teenager values are usually very different than what a parent values.
   1. Write down two different stages of your life. How were your values different? How are they the same?  
        
      Stage 1: High school, age 14-18.

Stage 2: Career has been started, age 21 – 24(now)

In high school, I valued freedom and intelligence over everything else. I frequently spent money that I should not have to have temporary enjoyment. Now that my career has started and I have more money, I spend it in smarter ways, buy longer lasting items and invest a great portion. I traded some of my freedom for financial stability as it’s imperative that I have financial stability to get through this unfortunate economic period that my generation must go through. I valued intelligence, and still do to this day, as learning increases my ability to effectively solve problems in all aspects of life. I value discipline more now than I did in high school as I have had to juggle personal, professional, and educational work loads. Consistently working out, maintaining relationships, attempting to not fall behind on school or work requires discipline and so I have forced myself to keep discipline at the forefront of my consciousness at most times.

1. Everyone has a personal set of values, built from their unique life experiences. One important factor in what we value are the values of our friends, family.
   1. How do your values differ or the same from your friends and family?   
        
      My family and I have very similar values. Discipline and financial stability are at the top of my family’s list. For example, my father runs 50km+ races and works for himself, running that many kilometers requires an irregular amount of discipline to do. Plainly, it just ends up hurting to run that much. While working for himself, he has to make sure he brings in enough money on a given year as well as put enough away in case he does not have a fortunate year. My brother has put most of his focus on financial stability, becoming an outlier among his generation. I am not quite in his footsteps, but on a similar trajectory.

My friends and I used to have similar values. This was before I started to listen to myself. Discipline and increasing their intelligence through learning is rare among my friends while financial stability is a value that some hold and freedom is a value that they all hold. I would say that we all had a more focused group of values in the past. I have since grew out of this small group of values and expanded while they, for the most part, stayed the same. This has caused me to spend less time with my friends and I consider myself to be in a transitional period, eventually meeting people with more similar values in the future.

1. We can learn a lot about our own values by the way we react to other people.   
   Think of a behaviour you disapprove of, or dislike seeing from others and write it down (ex. customer being rude to an employee, littering, lying etc.)
   1. What does this tell you about your values? How would you behave instead if you’re in the situation?   
        
      I dislike when I hear people say, “I can’t do it”. This bothers me since most humans were born with similar capabilities and if one person has learned a skill or performed a task, I believe that anyone can learn the skill or learn to perform the task. This tells me that I value confidence and discipline and that these values can affect the way I perceive someone’s speech or actions when someone does not fall into my ideal. I would not have even said that I can’t do it. I would ask, “how should I start?” and upon figuring out my first steps, I would evaluate if this skill or task is worth my time to learn and do. It is not about if I can do it, it is about *if I should* do it.
2. Think of a value you have now that you did not have before or a value that has become more important to you over time.
   1. What was the changed value? What life experiences led to this value changing?

Financial stability was a value that has become more important to me. I used to pay for my friends’ meals, drive them wherever they needed if I was free, and spent money to be included in activities or games that I didn’t already have. I repeatedly spent money to have fun with my friends or to make my friends happy. Now, our dynamic hasn’t really changed due to my decrease in spending money on them, but I eventually had $15 in my bank account. The humility of asking my parents for money was heart breaking. From that point on, around 6 years ago, I have valued saving money for myself and spending less on those who should be able to use their own money.

1. The values we hold do not always align with our actions. Some values are difficult to live up to, or other priorities get in the way.
   1. Which of these values do you want to focus on in the future? What life changes would you need to make to accomplish this?

I would like to focus on my value of freedom more as I believe it will give me the most happiness in my life in the short and long term. By freedom, I mean to be able to do what I want, when I want, with less consideration on the costs and time associated with an event. I truly believe that I will need to quit my job and have a business of my own to supply me with the volume of money and flexibility of time. I have a few projects on the go to test out in various markets. One that targets the pharmaceutical patients, another that revolves around setting up specific AI chatbots for organizations, and another that will help educators push iOS applications to their managed board-owned devices. I have a few steps to take for any of these projects to be completed. First, I will need more time. I have contacted the success advisors at Centennial to provide me with an alternative path to completing this program. The current configuration entails me taking four courses each term, including summer. This should give me a bit more time to handle the workload of school alongside work and some flexible time that I can use to work on my projects. Secondly, I will need to choose one project and ignore the others for now. Having too many projects on the go with my current schedule will result in none of the projects ever being completed. Lastly, I will only quit my job once one of my projects does well enough to leave.

Another possibility is that I have a combination of passive income from investments, a part time job, and a semi-successful project taking care of my financial restrictions which, in turn, will give me more freedom.