**WHAT IS A VALUE?**

* Qualities, characteristics, or ideas about which we feel strongly.
* Our values affect our decisions, goals and behavior.
* A belief or feeling that someone or something is worthwhile.
* Values define what is of worth, what is beneficial, and what is harmful
* Values are standards to guide your action, judgments, and attitudes.
* You have been given a check for Ksh. 1,000,000 to do whatever you like with it. What would you do with it?

**Conclusion:**

What you spend the money on has everything to do with what you value Share with the class what you would do with it.

What things did you do during the past week?

What you choose to do with your time also has everything to do with what you value.

**Hypocrite – One who subscribes to one set of values, and does another.**

**Immaturity** - One who has not identified his values.

* Unclear values
* Drifters
* Flighty
* Uncertain
* Apathetic

**Maturity**

* Clear values
* Life of purpose
* Meaning and direction

**Direction:**   
Values – Goals – Behavior – Self-value

1. Values give direction and consistency to behavior.
2. Values help you know what to and not to make time for.
3. Values establish a relationship between you and the world.
4. Values set the direction for one’s life.

**Where do we get values?**

1. our homes,
2. school,
3. society,
4. friends,
5. TV,
6. church,
7. music,
8. books,
9. families
10. culture,
11. employers,
12. time-period in which you were raised (70’s anti-establishment, peace, individuality. 80’s money, prestige, don’t get caught, etc. 90’s earth, green peace, health and fitness), etc

**Your age will greatly influence your values. Different people and things influence you at different ages:**

* Ages 1-7 --- parents
* Ages 8-13 --- teachers, heroes (sports, rocks, TV)
* Ages 14-20 --- peers (values because of peers or peers because of values?)
* Ages 21+ your values are established, but you may test your values from time to time.

**Value versus Facts:**

* Values are things we feel “should”, “ought”, or “are supposed to” influence our lives.

VALUE: All people should be active in a specific religion.

VALUE: The best time to buy clothing is when the price is discounted.

* A value is a statement of one’s personal beliefs.
* Facts simply state what actually are. It is easy to confuse values with facts.

FACT: Many people are active in a specific religion.

FACT: The most economical time to buy clothing is when the seasons change and the price is reduced.

* A fact is established by observation and measurement.
* Values and Behaviors:  
    
  Happiness comes from letting values decide your behavior and goals.
* Values can change over a life-time as your experiences change your view.

**Types of Values:**

* Moral
* Material
* Aesthetic
* Intrinsic
* Extrinsic
* Universal/American
* Group specific values

*“If you stand for nothing. You fall for anything.”*

*“It’s not doing things right, but doing the right things. “*