

Values: Currency of Life

Viktor E. Frankl once wrote “Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.” I understand this as, no matter the citation you are in, it is you who chooses how you behave and act in said situation. If you are put into a bad citation but continue to look at the good side of things then it tends to show and then good things tend to happen. If you are in a good situation and proceed to look at the bad and have that reflect in how you act then things tend to go poorly. The first step to doing well is thinking that you are going to do well.

Someone’s values are what they see as important in life. Someone may find happiness to be the greatest value, looking for the good thing in every citation to try and find it or to act well to try to create it. Others may find money to be the greatest value since you can do a lot with money and live “the good life”. The interesting thing about values is that different people and different cultures have different values. Such as someone who values happiness vs someone who values money. What makes this even more interesting is that something that some may have high up on their list of values may be useless to someone else, such as money.

Goals are things that you want to do or achieve, such as becoming a doctor to make people feel better. While goals are good, values have some advantages over goals such as flexibility to circumstances, they are in your immediate control, they can be practiced anytime anywhere, they are forgiving of your “failures”, and can reduce anxiety.

There is a movie called Cloud Atlas which puts a series of lives into context and how they ripple through time. It consists of six stories taking place from 1849 to 2321. As the events in the earlier time of the movies take place you can see how they impact those in the future, even hundreds of years into the future.