**ESP Reviewer**

**Values and Virtues Alike and Connected**

**Values:**

* Derived from the Latin word "valere," meaning to be strong, intrinsic value is something intrinsically valuable or desirable, considered useful, embodying lasting beliefs of an individual or group and serving as a guide in knowing rightful thoughts, all grounded in principles and standards of quality within traditions.
* **Absolute Moral Value** – Ethically and socially binding to all people at all times. They are rooted to God hence they are true.

1. **Objective** – “Objective” because they are truths derived from God.
2. **Universal** – Values rooted in natural Law because they embrace all cultures, races, and conditions.
3. **Eternal** – Values that will always exist through time.

**Characteristic Behavioral and Cultural Values:**

* **Subjective -** Values based on an individual’s desires that they deem correct.
* **Societal –** Values agreed upon accepted members of a community or society.
* **Situation –** Values applied in a given situation or set of conditions.

**Four Cardinal Virtues:**

* **Prudence** - Help decide correctly on what is right or wrong in any given situation.
* **Justice –** Respect to the right of every individual.
* **Fortitude –** Allows you to overcome natural fear and hold on to your faith. It keeps people steady and firm.
* **Temperance** – Attempts to keep you from too much of everything and balances it.

**Hierarchy of Values**

1. **Physical Values -** With your physical nature as a human person, there is a need for you to live healthy and strong. It is essential that you dwell in a healthy environment for you to survive longer.
2. **Intellectual Values** - You as an intelligent creation have the capacity to understand and grasp the true meaning of life. You are endowed with the capacity to develop your character to help and improve yourself and others.
3. **Moral Values** - You have a conscience to live a moral character. You are forced by your moral dimension to think freely and act with concern for the well-being of the majority.
4. **Spiritual Values** - Humans believe in the existence of a Higher Being Different religious groups have various names for what they believe in Creator.
5. **Social Values** - You are by nature a social being. Your interaction with the people around you provide an opportunity to practice your lived values. It is also through this interaction that you learn and acquire new values necessary for you to mature more.
6. **Economic Values** - You are endowed with the ability to work and provide for yourself. You can devise a plan and identify dignified ways on how you will be able to help sustain yourself, your family, and your fellowmen.
7. **Political Values** - As a social being, you are also part of a community where politics is being practiced. In any organization, affairs of the state come to life through its political beliefs. Humans must identify political views to be able to practice it well

**Choosing and Living the Higher Values:**

1. **Pleasure Values** - Since these values are rooted from sensu feelings, you may always end up choosing what is desirable for you.

* Eat healthy meals regularly.
* Have enough sleep every day.
* Make it a habit to keep your body clean.
* Plan daily exercise.
* Undergo annual medical check-up.

1. **Vital Values** - These values are crucial in developing positive feeling toward others. Seeing yourself as capable of being a positive person may also contribute in the development of these values.

* Choose to be cheerful.
* Be more appreciative of others.
* Provide quality time with your family and friends.
* Communicate better and more often.
* Have a positive outlook in life.
* Avoid vices for these may lead to health problems, family disagreements, and, worst, death.

1. **Spiritual values** - A deeper understanding of these values may lead to a more righteous life. To be a spiritual person requires giving your highest priority to be loving to God and others and honoring that all are his children.

* Attend and practice religious rights and teachings.
* Help others voluntarily.
* Live contently with what you have.
* Lessen your desire over material possession.
* Practice fairness in judgment.

1. **Holy values** - This is the highest level in the hierarchy of values. This means that this is also the most difficult one to achieve because it requires maturity and thoughtful effort in constantly living a peaceful and virtuous life to reach it.

* Understand and appreciate life.
* Follow the teachings in the scripture or the teachings of your faith.
* Acknowledge that there is a Higher Being who endowed everyone with all the blessings needed.