**ESP Reviewer**

**External Factors in Values Formation**

**Main External Factors**:

1. **Family and Rearing Practices** – Chapter 1, Article 148 states that the family code of the Philippines, the family is defined as “being the foundation of the nation”, is a basic social institution which public policy cherishes and protects.
2. **Religion** – How you praise and worship your God most likely are practices you have learned from your religious group.
3. **Peers** – As you grow older, you search for other interaction beside from relatives, with them.
4. **Society and Economic Status** – According to Esther Esteban: “being poor or wealthy may hinder or promote the education of a child. It may hinder if you do not have enough determination to succeed regardless of economic status.
5. **Media** – The growth of the Internet is greatly influencing people’s values and lifestyle.
6. **Filipino Cultural Heritage** - Filipinos have many values and qualities that foreigners admire. Filipinos are known to be kind and accepting with others and are passed on generation to generation.
7. **Critical Filipino Traits** – There are no undesirable attitudes and behaviors that Filipinos need to change because they influence one’s value formation but can be improved upon.
8. **Filipino Time** – It is common for Filipinos to be late.
9. **Mañana Habit** – This trait is synonymous to procrastination, delaying the accomplishment of task until it is already due to submission.
10. **Ningas-kugon** – Inability to sustain one’s interest and attention in pursuing a goal.
11. **General disregard for the rule** – There is simple rules that seem to be very difficult for Filipinos to abide with.
12. **Gossiping** – Filipinos have the fascination to talk about other peoples’ lives.
13. **Corruption** – Giving and receiving bribes lower one’s morals and sacrifice the welfare of other people.

**Dream for a Successful Future**

**Dreams: Blueprint for a Successful and Meaningful Life:**

* You cannot succeed unless you have a clear vision of what you want to happen in your life.
* This clear vision is your dream.

**Importance of Having Meaningful Dreams:**

1. **Dreams give your life direction** – Dreams give you directions, so you know where you are going. Dreams help people tell if they are progressing toward what they want to be. Even if they got distracted, they would know it and can get back on track.
2. **Dreams give you energy and motivation** – Dreams give you the desire to keep on pushing and working on what you are doing. They inspire you what needs to be done.
3. **Dreams help improve your life** – You envision your future through your dreams, and by acting on that vision, you are assured of realizing those dreams. Your dreams also prepare you for the future you want.
4. **Dreams help you make you a better person** – You develop critical-thinking and analytical skulls as you plan the steps to realize those dreams.

**Making Dreams Clear and Meaningful:**

* Your dreams should be stated in such a way that they become goals.

1. **Dreams should be specific** – A specific dream has enough details to make them clear and understandable.
2. **Dreams should be measurable** – You must have a way to tell how much you have accomplished toward the realization of the dream, how far off you are at realizing it, or if you have already realized it.
3. **Dreams should be realistic** – Everything that you set for yourself should be close to reality and can be realized.
4. **Dreams should be meaningful** – A meaningful dream is something that is relevant to you, not to your family nor friends.
5. **Dreams should be time-bound** – If you want to realize your dreams, you need to put a time frame within which you want to realize each dream.
6. **Dreams should be action-oriented** – No matter how grand your dreams are, they will stay as dreams unless you accompany them with the appropriate actions.

**Planning for Dreams and Making Them Happen**

**Dream, Plan, Act, Achieve**:

* It is good to have dreams because they keep you focused and give you directions to the future.

**The Importance of Planning Your Goals:**

* Planning allows you to know what actions you need to take in order to reach a goal.

**Steps for Planning Your Goals:**

1. **Identify the activities that you need to accomplish** – It is important to know what steps or activities would bring you closer to your goal and your dream.
2. **Set a time frame for completing each activity** – Knowing when you are supposed to accomplish a step or a task gives you an idea how much time to should spend working on the task.
3. **Consider the obstacles** – Even the most well-thought of plan can have problems.
4. **Implement the plan** – A plan without action is just wishful thinking. You will know if your plan is effective only when it is implemented.
5. **Evaluate the plan** – Regular evaluation of the plan at each stage of step should be done.