

HEALTHY LIVING

GRADE 7

VALUES AND GOAL-SETTING

Notes – Values and Goals

Values

- Values are strong beliefs that guide and motivate attitudes and actions.
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- Values are personal qualities and beliefs that are very important to you
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- Values are very personal and can be specific or general
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- Values can change as you get older and change with life experience
-
- Values can help you reach your goals

Goals

- Goals are ideas or achievements in which time effort is directed
-
- Goals help clarify and put focus on your life's direction
-
- Goals can be short term or long term. Short term goals are goals you want to achieve in a short period of time (example: usually less than 1 year to achieve). Long term goals are goals in which are achieved in the later in life (example: usually 1 year or more to achieve).
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- The acronym S.M.A.R.T can help a person set long and short term goals.
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S – Specific. Your goal is specific to you.

M – Measurable. Your goal can be measured whether you are getting closer to reaching your goal and when you have achieved your goal.

A – Attainable. You will be able to reach your goal if you put forth the proper effort and time.

R – Realistic. Achieving your goal is a real possibility (slightly unrealistic and challenging goals are healthy goals as well)

T – Time Oriented. You have placed a time limit on reaching your goal.

Fill In The Blank – Values and Goals

Values

- Values are strong _____ that guide and motivate attitudes and actions.
- Values are personal qualities and beliefs that are very _____ to you
- Values are very _____ and can be specific or general
- Values can change as you get older and change with _____ experience
- Values can help you reach your _____

Goals

- Goals are ideas or achievements in which _____ and _____ is directed
- Goals help clarify and put _____ on your life's direction
- Goals can be _____-term or _____-term. Short-term goals are goals you want to achieve in a short period of time (example: usually less than 1 year to achieve). Long-term goals are goals in which are in achieved in the later in life (example: usually 1 year or more to achieve).
- The acronym S.M.A.R.T can help a person _____ long and short term goals.

S – Specific. Your goal is specific to _____.

M – Measurable. Your goal can be measured whether you are getting _____ to reaching your goal.

A – Attainable. You will be able to reach your goal if you put forth the proper _____ and _____.

R – Realistic. Achieving your goal is a _____ possibility (slightly unrealistic and challenging goals are healthy goals as well)

T – Time Oriented. You have placed a _____ limit on reaching your goal.

Assignment - What Do I Value?

List 5 of your personal belongings that have great value to you:

1. _____

Why is this item important to you? _____

One Word to describe the value this item has to you: _____

2. _____

Why is this item important to you? _____

One Word to describe the value this item has to you: _____

3. _____

Why is this item important to you? _____

One Word to describe the value this item has to you: _____

4. _____

Why is this item important to you? _____

One Word to describe the value this item has to you: _____

5. _____

Why is this item important to you? _____

One Word to describe the value this item has to you: _____

Assignment - Who Do I Value?

List 5 people (or pets and etc) whom are very important to you:

6. _____

Why is this person important to you? _____

One Word to describe the value this person has to you: _____

7. _____

Why is this person important to you? _____

One Word to describe the value this person has to you: _____

8. _____

Why is this person important to you? _____

One Word to describe the value this person has to you: _____

9. _____

Why is this person important to you? _____

One Word to describe the value this person has to you: _____

10. _____

Why is this person important to you? _____

One Word to describe the value this person has to you: _____

Assignment - What Values Are Important?

List 5 values that are important for a person considered to be a good friend:

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 values that are important for a person considered to be a good student:

6. _____
7. _____
8. _____
9. _____
10. _____

List 5 values that are important for a person considered to be a good employee:

11. _____
12. _____
13. _____
14. _____
15. _____

List 5 values that are important for a person considered to be a good family member:

16. _____
17. _____
18. _____
19. _____
20. _____

Assignment - What Values Are Important?

List 5 values that are important for a positive dating relationship:

21. _____

22. _____

23. _____

24. _____

25. _____

List 5 values that define you:

26. _____

27. _____

28. _____

29. _____

30. _____

Examples of Values

Accountability - Willingness to accept responsibility

Adaptability - The ability to change behavior to fit changing situations

Adventurousness – Willing to undertake new and daring experiences

Ambition - A strong desire to achieve something

Caring - Feeling and exhibiting concern and empathy for others

Commitment – Providing your time and energy to accomplishing something

Compassion - Deep awareness of the suffering of others coupled with the wish to relieve it

Competitive - To strive to do something better than someone else

Composure - Maintaining a calm state of mind

Cooperation - The willing association and interaction of a group of people to accomplish a goal

Courage - The state or quality of mind or spirit that enables one to face danger, fear with confidence

Courtesy - Consideration for others

Dedication - Selfless devotion of energy or time

Determination - Firmness of will, strength, purpose of character

Diversity - A point of respect in which things differ; variety

Education - Obtaining or developing knowledge or skill through a learning process

Empathy - Identification with and understanding of another's situation, feelings, and motives.

Equality - The right of different groups of people to receive the same treatment

Excellence - State of possessing good qualities in an eminent degree

Forgiveness - The willingness to stop blaming or being angry with someone

Friendship - A relationship between people based on mutual esteem and goodwill

Generosity - Liberality in giving or willingness to give

Hardworking - Industrious and tireless

Helpfulness - Providing useful assistance or friendliness

Honesty - Fairness and straightforwardness of conduct

Hope - The feeling that something desired can be had or will happen

Humility - Feeling that you have no special importance that makes you better than others

Ingenuity - Inventive skill or imagination

Love - A feeling of intense desire and attraction toward a person or idea

Loyalty - A feeling or attitude of devotion, attachment and affection

Optimism - A bright, hopeful view and expectation of the best possible outcome

Patience - The ability to accept delay, suffering, or annoyance without complaint or anger

Peace - Freedom from war or violence

Perseverance - Steady persistence in adhering to a course of action, a belief, or a purpose

Prudence - Doing something right because it is the right thing to do

Punctuality - Adherence to the exact time of a commitment or event

Reliability - Consistent performance upon which you can depend or trust

Repentance - Remorse or contrition for past conduct

Resilience - The ability to rebound quickly from misfortune or change

Respect - Polite attitude shown toward someone or something that you consider important

Responsibility - That for which someone is responsible or answerable

Self-discipline - Making yourself do things when you should, even if you do not want to do them

Sincerity - Genuineness, honesty, and freedom from duplicity

Trustworthiness - The trait of deserving confidence

Ethics Resource Center - <http://www.ethics.org/resource/definitions-values>