

Segment Six

Values in Action

Your Instrument Panel

What is your instrument panel telling you? On a car, the instrument panel helps the driver make safe driving decisions based on what the gauges indicate. Your value system is your instrument panel. You are responsible for your behavior and actions. Each day, you make choices in your life – decisions about what actions to take.

Use your values as guidelines in your decision-making. When you match what you do with what you believe, you are a person who is taking action on your values. It is not always easy to act on your values. Peer pressure is often one of the hardest obstacles in a young person's life. It can test your value system and cloud your decision-making. These days, you probably spend more time with your friends than with your family. You will make more decisions on your own as you and your peers grow more independent. Staying true to your own beliefs can sometimes be difficult. You can't control what others say and do, only what you say and do. To remain true to what you believe, you will need to equip yourself with tools, or ways to say "no" successfully.

How can you make better choices? Remember to check your instrument panel:

- **Battery Indicator:** Think your decisions through and determine if your choice is more likely to help someone or hurt someone. Make choices that hold up to your values.
- **Engine Light:** Gather information based on facts before making an important decision. Be aware and informed whenever you make a choice.
- **Temperature Gauge:** Weigh your choices and consider the consequences. Sometimes, we get excited and jump into things. Take time out to look at the big picture and consider the outcome.
- **Compass:** Talk over your options with a trusted adult. Consider their advice, and let it guide you to a good choice.
- **Steering Column:** Never apologize for your values; don't be afraid to explain to others that your decisions are based on them.

DAILY ROAD TEST

After exploring this lesson, you will be able to:

- Analyze your own character values
- Identify what values you need to improve
- How values help you make good decisions

Tonight at dinner, ask your parents or grandparents about your cultural values and why they are important to your family. Have them share with you their four top values. In turn, tell them the values you have selected on page 14.

PORTFOLIO FOLLOW-UP

Fine Tuning My Values pg. 14

Fine Tuning My Values

You first need to understand which values you have before you can put them to work in your life. Compare the two statements for each numbered pair and check the one that fits you the best.

1. I have a **positive attitude**. I'd like to have a better attitude.
2. I'm **kind** and **caring** to others. I need to be more kind and caring about others.
3. I'm **responsible** for the choices I make. I need to realize that I am responsible for the choices I make.
4. I'm a **good citizen** and **respect** my city. I want to be a better citizen & learn to respect my city.
5. I have good **communication skills**. I need to improve my communication skills.
6. I have a strong **self belief** to do and become what I want. I need to improve my self belief.
7. I have **compassion** for others. I need to be more compassionate.
8. I have **determination** and **patience**, even in tough times. I need to be more determined and have more patience.
9. I'm a **forgiving** person. I need to learn to be more forgiving.
10. I'm mentally, emotionally, and physically **healthy**. I want to be more mentally, emotionally, & physically healthy.
11. I'm **honest** & avoid giving excuses even when I am in a tight spot. I need to be more honest.
12. I have **integrity** (I do what I say I will do). I need to work on my integrity.
13. I'm **open-minded** and **fair** to others. I would like to be more open-minded and fair.
14. I'm **loyal**. I need to be more loyal.
15. I'm a **relaxed** and **peaceful** person. I need to become more relaxed and peaceful.
16. I'm able to have **healthy positive relationships** with others. I want to have more healthy positive relationships with others.
17. I'm a **responsible, hard worker**. I want to be a more responsible, hard worker.
18. I display **self-discipline**. I want to display more self-discipline.
19. I'm a **reliable** person. I need to be more reliable.

The BOLD words in the left column are character values; the ones you checked are the values you have. Your values give you the strength to remain strong under pressure. Write four values that are most important to you below. These values are a guide on your journey to success. The checks in the right column are values and personal goals you can improve.

IMPORTANT VALUES

1. _____

3. _____

2. _____

4. _____