
LESSON E

Values Influence Goals

FOCUS: Our personal values influence the goals we set for ourselves. The most powerful goals are based on values, written, identified in terms of specific steps.

ACTIVITIES:

1. Make a time line that includes major events accomplished since birth and projects future plans to at least age 75. Consider goals that allow for your own personal growth, building relationships, managing financial resources, etc. Use Student Handout, "Time line!"
2. Show how values influence goals. Have students watch the "Emmett Smith Story." As students watch the film ask them to:
 - identify some of Emmett Smith's values and some of Cindy's values
 - notice how Smith's and Cindy's values helped them set goals
 - watch how values helped both Emmett Smith and Cindy reach their goals.
3. Have students create a personal "Mission Statement." Use Student Handout "Mission Statement Worksheet."

[For an in-depth discussion and analysis of Mission Statements use Connections, a book by A. Roger Merrill, published by Institute for Principle-Centered Leadership, \$16.95.]

4. Read Babe Ruth and Wilma Rudolph stories to show how some people overcome adversity to achieve greatness. Use Teacher Information, "Babe Ruth, Wilma Rudolph."
5. Read, Oh, the Places You'll Go by Dr. Seuss during class.

"Time Line"

Cut on dotted lines and tape ends together. Chart your major life experiences thus far, then project to at least age 75.

The form is a vertical timeline template. It consists of a central vertical dashed line that runs from the top to the bottom of the page. On either side of this central line are two vertical dotted lines, one on the left and one on the right. These dotted lines are intended to be cut out and taped together to form a tube. The space between the dotted lines is divided into two columns by the central dashed line. At the bottom of the page, the word "BIRTH" is printed in large, spaced-out capital letters, aligned with the left dotted line. The top and bottom of the page are bounded by horizontal dashed lines.

"Personal Mission Statement"

A mission statement should include what you want to do and what you want to be. In preparation for writing your mission statement first make a list of what you'd like to do and also of what you'd like to be. Second, identify a person who has influenced you in your life and write down the qualities that you most admire in that person. Third, identify the different roles that you fill in your life. These might include: son/daughter, student, worker, athlete, cheerleader, club member, brother/sister, friend, etc. Then write a brief statement for each of these roles that would indicate how you would like to be described in that role. Now you are ready to write your mission statement. Write a statement that says what you want to do and what you want to be. Use the ideas that you have written down in the previous steps to help you write your mission statement.

1) Want to do:

Want to be:

2) Most influential person:

Admirable qualities:

3) Life roles:

Statement:

4) Mission Statement:

“Babe Ruth and Wilma Rudolph”

BABE RUTH

It was a Saturday in 1927 and the stadium was filled with 35,000 fans when Babe Ruth struck out for the second time. The mass of spectators booed and jeered as he traditionally looked up into the crowd, tipped his hat, smiled and walked back to the dugout. Now it was the 8th inning, 2 away and the bases loaded. The score was 3 to 1.

The first pitch came. Babe hit, the umpire called foul ball. The second pitch came, Babe wound up, swung, missed the ball, and fell to the ground. The umpire called strike two. Babe stood up, brushed himself off, grabbed the bat and took position. The third pitch came, a connection was made sending the ball out of the park. As Babe trotted across home base to score what would be the winning run, he looked up into the crowd, smiled, tipped his hat, and walked back to the dugout.

Babe Ruth is famous for hitting 714 home runs and holding a .342 batting average. But Babe has another record. Babe Ruth struck out 1330 times in his baseball career, he struck out nearly twice as many times as he hit home runs.

WILMA RUDOLPH

In 1949 in Times, Tennessee there was a 9 year old girl who's legs were crippled because of polio. She loved to go shopping with her mother who carried her to the store and then sat her in front of a small TV set while she proceeded to shop. On this particular day the Olympics were being televised. As the mother returned about 30 minutes later to pick up her daughter, the little girl announced: “I’m going to win an Olympics medal.”

This little girl's name was Wilma Rudolph. 3 time Olympic Gold Medalist in Track and Field.

At 9 she learned to walk again, at 12 she learned to run, and at 21 she set the women's world record for the 100 meter dash.

As her tall, slender body walked forward to receive the medals, the focus was on her victories, not having once been crippled.

“When life hands you a lemon, make lemonade”

“Attitude”

The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education,

than money, than circumstances, than failures, than successes, than what other people think or say or do.

It is

more important than appearance, giftedness or skill. It will

make or break a company...a church...a home. The remarkable thing is you have a choice every day regarding

the attitude you will embrace for that day. We cannot change our past...we cannot change the fact that people

will act in a certain way. We cannot change the inevitable...

The only thing we can do is play on the one string we have,

and that is our attitude.

I am convinced that life is 10% what happens to me and

90% how I react to it. And so it is with you...



You are in charge of your attitudes

"Test Bank"

SHORT ANSWER: Complete the sentence with the best possible word or words.

1. Values influence choices whether we are _____ of our values or not.
2. Understanding what we value helps us _____ about important life choices.
3. The meaning of values depends on what it means to be human and have a _____ about what is right and wrong.
4. Having values is part of being _____.
5. The best interest of self and _____ is always a consideration when making choices.

MULTIPLE CHOICE: Select the one best answer.

6. A value-based approach means that people
 - a. try to agree on certain universal values.
 - b. agree that any behavior is acceptable.
 - c. cannot disagree about what is right and wrong.
 - d. think freedom of choice is most fundamental.
7. A value-free approach means that people
 - a. believe that freedom of choice is not fundamental.
 - b. try to agree on certain universal values.
 - c. gain values from friends, school, church, and family.
 - d. agree that any behavior is acceptable.

SHORT ESSAY: In one paragraph, explain the following statement:

"Values are an expression of the moral quality of life being lived by an individual."

KEY:

1. conscious
2. make better decisions
3. moral sensibility
4. human
5. others
6. a
7. d
8. All people have a moral sensibility that gives them the ability to judge right from wrong. They can make this judgment with respect for both self and other's best interests. People are responsible for their choices. The choices they make show the depth of the morality which guides their lives.