



LASTING VALUES

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Our values are what make us as a person valuable but what are the real lasting values that we value most in our life? Our values actually form our character and it makes us the kind of person that we want to be. They shape us and these are what make us a memorable person. Values are what give our life a meaning, a purpose and a direction. It is pivotal to all the choices and decisions that we make in our life. So, who says values are trivial?

We definitely value our job, money and possessions but we must admit that these things add spice to our life. These are the tangible things that we have. On the other hand, we have the intangibles that are more important like: love, friendships, relationships, service, kindness, spirituality, just to name a few. There are a lot more than we can think of. What do we really take as the most significant value in our life?

Apparently, we all live a unique life but it is for us to decide on what values give true importance and what do we really embrace and use as a guiding principle in our life? Aside from our values, we all have our beliefs and morals in life. We have accumulated our values from childhood and we can say that it is based on the teachings and observations of our parents, leaders and other influential and powerful people. People use values as the principles used when distinguishing right from wrong and good from bad. Examples of values are: honesty, integrity, courage, compassion, kindness, fairness and many other things that we can think of.

Maybe we can be reminded of some of the values that are worth considering like valuing yourself. People will value you as a person if you give value to yourself. We have got to know our weaknesses so we could find ways on how to improve ourselves. As Albert Einstein puts it, "Try not to become a man of success but rather try to become a man of value." We should also value compassion and think of how we could lessen the suffering of others by merely doing our share in our own way. We should always begin with our self, our family, our friends and fellow workers especially to the strangers that we encounter.

We should value passion, not unbridled passion, because this energizes our life. We should value knowledge too by applying what we have learned and approach every subject with honest skepticism. We can make a difference and have a big contribution in this world if we value kindness for this warms the hearts of others, making them feel valuable. Apparently, we influence other people so we should also value mentoring. Let us be a source of encouragement and inspiration to make this world a better place to live in.

Most importantly, we should value time, for time lost is lost forever! Therefore, we should put it into good use. When we center our life on values, we become valuable. Wealth is not riches, but the lasting values are those that bring meaning and purpose to our life so we could go and direct our lives in the right path.

Questions for discussion:

1. What do you truly value in life? Why?
2. What do you consider as lasting values in your life? Explain your answer.
3. Would you prefer to be a man of value rather than a man of success? Justify your answer.
4. How much do you value your time? Elaborate on your answer.
5. Give other examples of lasting values. Do you practice them and apply it in your life? How true is it?