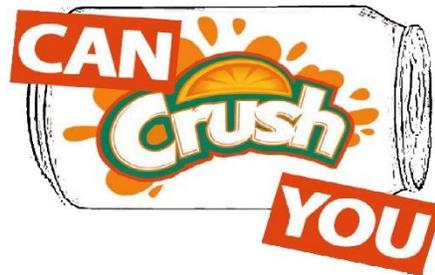


The Power Of Value Based Goals



When you set Values & Goals
for yourself...

NOTHING



OBJECTIVE:

The goal of this activity is to show the students how filling their lives with the right kind of values and goals in life can make us stronger. Not having a good set of strong values not only leaves us weak, but can crush us. As a part of the activity, you do a science experiment to show how exposing a soda can to certain elements can crush it using very little pressure.

TIME NEEDED: 20-30 minutes

GROUP SIZE: Any size group

MATERIALS:

- One unopened "Orange Crush" soda can
- One empty "Orange Crush" soda can

LESSON:

Begin by talking to the students about the meaning of **life goals**. Life goals are essentially everything you want to do in life. They're the stuff people remember you by when you are no longer around. Why are goals so important? Setting goals gives you purpose, and they help you to guide your life.

Next visit with the students about what it means to have **values**. Values have a major influence on a person's behavior and attitude and serve as broad guidelines in all situations of their lives. Your **values** are the things that you believe are important in the way you live and work.

To visually demonstrate this, you should hold up two soda cans. In one hand, a can that is empty and in the other hand a can that is unopened and full of soda. Tell them that the empty can represents us without any values or life goals. The unopened can represents us when we have life goals and a good set of values inside of us. First, squeeze the empty can; it will begin to bend and collapse under the pressure. Next, with the other hand, squeeze the unopened can. It will hold firm. It will not bend or collapse like the empty can – because it was filled.

Discuss with the students on how this can relate to our individual lives and to our homes and families. When you are filled with good values and life goals, we have the power to withstand the outside forces of the world that surround us and push against us. However, if we are not filled with the right set of values and goals to guide us, we don't have the inner strength to resist the outside pressures and can collapse when forces push against us.

DISCUSSION QUESTIONS:

1. What are some examples of good values and goals we can have for ourselves:

- Trust
- Accountability
- Respect
- Kindness
- Commitment
- Open-mindedness
- Consistency
- Honesty
- Efficiency
- Innovation
- Creativity
- Good humor
- Compassion
- Good citizen
- Motivation
- Positivity
- Optimism
- Passion
- Fitness
- Courage
- Education
- Perseverance
- Patience
- Patriotism
- Service to others
- Environmentalism

2. What kind of negative pressures exist, that can have a direct influence on the values and goals we have for ourselves? Are we ever pressured into making unhealthy choices from our peers?

3. What are some ways we can fill our lives with good values?

4. Does having good character play a role in what values we have in our lives?

5. What kind of friends do you want to have?

6. What kind of qualities do you want to develop in yourself?

7. How do you want to think and feel about yourself?

8. What are 10 adjectives that others might use to describe you when you have reached your goals?

When we fill our lives with good values and goals for ourselves, we don't collapse as easily. We find the strength to resist making bad decisions. If our lives are empty and we have no goals for ourselves, we become vulnerable and are easily exposed to negative influences that can crush us.

IT TAKES COURAGE TO HAVE CHARACTER!

