Needs, Wants, Values, and Goals

Making the Right Decisions
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Making Decisions

Needs
• Food
• Clothing
• Shelter

Wants
• Sports car
• Fine jewelry
• Fine houses

Needs vs. Wants
Click on link
FCCLA Planning Process

• Identify Concerns
• Set a Goal
• Form a Plan
• Act
• Follow Up
Influences

- Family
- Culture
- Friends
- Values
- Needs

- Wants
- Resources
- Demographics
- Society
Goals

• Something you plan to do in the future
• Willing to work for
• Give you direction
• Keep you focused
• Help you gain success
Personal Goals

Short Term
• Can be accomplished in the near future
• Easier to achieve
• May serve as a stepping stone

Long Term
• Far-reaching and take longer to achieve
• More time consuming
Values

• Concepts, beliefs, attitudes, activities, and feelings that are most important to you.

May include:

• Love
• Knowledge
• Religion
• Power
• Health
• Friendship
Universal Values

- Courage
- Fairness
- Freedom
- Honesty
- Respect
- Responsibility
- Trustworthiness
Personal Management Skills

Use available resources:

• Information
• Time
• Materials
• Skills
• People
Time Saving Techniques

• Use a calendar
• Avoid time wasters
• Be flexible
• Set goals
• Make a To do list
• Avoid procrastination

• Prevent interruptions
• Use small amounts of time
• Stay organized
• Take a break
• Do it right the first time
• Practice work simplification
Managing Your Energy

• Amount changes daily
• Identify your peak period
• Levels vary with age
• Increase levels by:
  – Getting plenty of rest
  – Eating healthy food
  – Exercising regularly
References and Resources

Images:
• Microsoft Office Clip Art: Used with permission from Microsoft.
• Family, Career, and Community Leaders of America (FCCLA)
  http://texasfccla.org/

Textbooks:

YouTube™
• Needs vs Wants
Learn about understanding Needs vs. Wants!
http://youtu.be/el40d2gyWal