Presentation Notes

Needs, Wants, Values, and Goals: Making the Right Decisions

Slide 2
Needs are those things essential to survival, such as food, clothing, and shelter. Wants are things that you desire, even though they aren’t essential.

Click on hyperlink Needs vs. Wants from TeachMeAboutMoney.org

Needs vs. Wants
Learn about understanding Needs vs. Wants!
http://youtu.be/el40d2gyWAI
The Planning Process is a decision-making tool that supports the organization’s overall philosophy about youth-centered leadership and personal growth. It can be used to determine group action in a chapter or class or to plan individual projects.

**IDENTIFY CONCERNS**
- Brainstorm to generate ideas, or state the activity or problem you want to address if already determined.
- Evaluate your list and narrow it down to a workable idea or project that interests and concerns the majority or all of your members.

**SET A GOAL**
- Get a clear mental picture of what you want to accomplish, and write your ideas down as your goal.
- Make sure your goal is one that can be achieved and evaluated.
- Consider resources available to you.

**FORM A PLAN**
- Decide what needs to be done to reach your goal.
- Figure out the who, what, where, when, and how.
- List the abilities, skills, and knowledge required on your part.
- List other available resources, such as people, places, publications, and funds.
- Make a workable timetable to keep track of your progress.
- List possible barriers you might face, and develop plans if necessary.
- Decide ways to recognize your accomplishments along the way.
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ACT
■ Carry out your group or individual plan.
■ Use family and community members, advisers, committees, task forces, and advisory groups when needed.

FOLLOW UP
■ Determine if your goal was met.
■ List ways you would improve your project or plan for future reference.
■ Share and publicize your efforts with others, including the media if appropriate.
■ Recognize members and thank people involved with your project.
Family – parents can make decisions for you if you are not ready or able to make a decision alone.
Culture – a family’s beliefs and customs directly affect your decisions.
Friends – may help you in making decisions both positive and negative.
Values – your decisions express your values and what is important to you.
Needs – a strong influence since these are basic physical needs.
Wants – decisions may be based on desires rather than needs.
Resources – Time, energy, knowledge, skills, available technology, and money will affect your decisions.
Demographics – changes in characteristics of population will affect everyone.
Society – refers to a group you belong to, such as your school, community, or country.
Ask students to share some of their goals with the class.
### Personal Goals

<table>
<thead>
<tr>
<th>Short Term</th>
<th>Long Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Can be accomplished in the near future</td>
<td>• Far-reaching and take longer to achieve</td>
</tr>
<tr>
<td>• Easier to achieve</td>
<td>• More time consuming</td>
</tr>
<tr>
<td>• May serve as a stepping stone</td>
<td></td>
</tr>
</tbody>
</table>

Examples of short term goals may be:
- reading a book
- cleaning their room
- completing a project

Examples of long term goals may be:
- graduating from high school/college
- starting a business
- getting married
- raising a family
Values
• Concepts, beliefs, attitudes, activities, and feelings that are most important to you.
May include:
• Love
• Knowledge
• Religion
• Power
• Health
• Friendship

Your values become a part of your personality and they affect your behavior.
Values that are generally accepted and shared worldwide are called Universal Values. They are the glue that makes positive and peaceful interaction among people.
Our personal management skills include how we manage time and energy. Effective use of our time and energy can help us stay balanced in our lives and work more effectively in order to achieve our goals.
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

Take advantage of these tips to make time work for you.
Understanding when we perform our best and what affects our energy can help us with our work.
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/El4OdZgyWal