



## INTRODUCTION

It can be confusing when we try to think about the subtle differences between morals, values and ethical codes of conduct. It can be just as confusing as to why these concepts are so important to begin with, and how they are actually shaping our experiences of reality day by day, second by second, whether we realize it or not. It is important to be able to distinguish between the three terms, because it gives our attention **1)** more options for self-observation, and **2)** It helps us find something specific and “concrete” to focus on deep within ourselves, that if changed, or modified in any way, will lead to a chain reaction of psycho-somatic (mental & physical) events causing our entire perception of reality to change, which includes how we feel emotionally on a day to day basis. This is probably one of the most important reasons for wanting to know the differences between morals, values and ethics, because it has a direct effect on the way that we feel inside, and surely we all want to feel good to the best of our ability, do we not? Thus from here on out we will be discussing a few things, and that is, what specifically are the differences between values, morals and ethical systems, why are they so important, and how we can begin using them to our advantage in life in order to help ourselves and others.

## WHAT DOES THE WORD “VALUE” MEAN TO YOU?

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## IN ALL HONESTY, WHAT ARE YOU CURRENTLY PLACING VALUE ON THESE DAYS? WHAT ARE YOU REALLY PLACING IMPORTANCE ON IN LIFE? WHAT ARE YOUR PRIORITIES?

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**HOW ARE YOUR VALUES LEADING TO HARMONY AND GROWTH FOR YOURSELF, OTHERS, AND YOUR ENVIRONMENT/COMMUNITY, ETC.?**

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**WHAT IS SOMETHING THAT YOU KNOW YOU SHOULD BE VALUING RIGHT NOW THAT YOU ARE NEGLECTING MORE THAN YOU SHOULD?**

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**WHAT WILL YOU DO FROM HERE ON OUT TO SHOW YOURSELF AND OTHERS THAT YOU TRULY DO VALUE THAT VALUE?**

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**WHAT DOES THE WORD “MORAL” MEAN TO YOU?**

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**WHAT IS YOUR NEW UNDERSTANDING OF A MORAL PRINCIPLE, OR VIRTUE, BASED ON WHAT WE HAVE LEARNED?**

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**WHAT ARE THE MORALS THAT YOU UPHOLD THE MOST?**

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**WHAT ARE THE MORALS THAT YOU UPHOLD THE LEAST?**

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**CHOOSE AT LEAST FOUR CORE MORAL PRINCIPLES THAT YOU WISH TO BE THE CENTER OF YOUR CHARACTER, WHAT ARE THEY?**

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**HOW WILL YOU BEGIN TO PRACTICE DEVELOPING THOSE VIRTUES?**

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**WHAT IS YOUR CURRENT UNDERSTANDING OF AN ETHIC?**

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**WHAT IS YOUR NEW UNDERSTANDING OF AN ETHIC BASED ON WHAT WE HAVE COVERED SO FAR?**

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**BRIEFLY DESCRIBE SOME OF THE ETHICS YOU HAVE?**

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**WHAT TYPE OF ETHICAL SYSTEM(S) DO YOU NEED TO DEVELOP AND/OR REFINE FROM THIS POINT FORWARD?**

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**CAN YOU HEAR THE WHISPER OF YOUR CONSCIENCE TELL YOU RIGHT FROM WRONG WHEN FACED WITH TOUGH SITUATIONS IN LIFE?**

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**WHAT STOPS YOU FROM ALWAYS LISTENING TO THAT VOICE, AND FROM ACTUALLY OBYING IT'S SUGGESTIONS?**

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**HOW WILL YOU OVERCOME THIS IGNORANCE OF CONSCIENCE?**

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