The Important Function of Values

**VALUES**
Beliefs, Cognitions, & Perceptions

**Influences**
- Genetics
- Ongoing Experiences (Luck, for example?)
- Emotional / Instinctual Factors
- Undefinable Influences (God, for example?)
- Culture (media/statuses/education, for example?)
- Prenatal and Intrauterine Environment (toxins, for example?)
- Early Family Environment/Systemic Factors

**YOU**
- Spiritual life
- Success
- Behaviors/Actions
- Legacy
- Relationships
- Decisions
- Satisfaction
- Health
- Feelings
- Roles
- Goals
- Functioning