

Assessment and Application 8 in Political Self

A. Make an acrostic below which will describe you in relation to you being a Filipino

F – Friendly to someone who are kind

I – I am Filipino and I'm Proud of it

L – Loving my country with the heart

I – I am Filipino, rules and law I obey

P – put the smile on my face, I will always continue praying

I – If someone's need my help, I will be here to stay

N – No matter what happen I will always respect our culture

O – Open my arms, I will always helping and continue to share.

B. Discuss how being a Filipino affects your "self"

- Being a Filipino doesn't affect yourself, it just affect yourself by your or our culture.

It affect us by giving our full attention to our country to our culture as a Filipino

Activity 7 in Spiritual Self

When I was a child and I was growing up my parents they always took me to church, one of the post of our weekly lives for thankful to God to his sacrifices. So when did I realize there is a God back then in my early years. Then as I grew up my life it have a lot of guilt and share due to some abuse. And right now I'm still hoping and praying for continued revival myself, yourself and the world we live in. we can try to live on our own, but when he gets a hold of us as we let him have more he then gets the glory he wants and deserve. So we better don't stop praise and thankful to him.

C. Reflection Paper

Reflect on Victor Frankl's source of the meaning of life

The meaning of life according to Viktor Frankl lies in finding a purpose and taking responsibility for ourselves and other human beings. By having a clear "why" we can face all the "how" questions of life. Only by feeling free and sure of the objective that motivates us will we be able to make the world a better place.

That said, we know there is no question as complicated as what the "meaning of life" is. Such questions sometimes have philosophical, transcendental and moral nuances, so often we stick to classic sayings like "be happy and make others happy", "be content", "do good".

However, many ask the question and feel a deep existential void. What is the meaning of life for me if all I do is work, if all my days are the same and if I do not find meaning in anything around me? Faced with this very common situation, the famous neurologist, psychiatrist and founder of logotherapy, Viktor Frankl, gave an answer that invites constructive reflection.

Humans don't have an obligation to define the meaning of life in universal terms. Each of us will do it our way, starting with ourselves, with our potential and experiences, discovering ourselves everyday.

Moreover, the meaning of life may not only differ from one person to another, but we ourselves. May have a different life purpose at each stage of life. The important thing is for each goal to give us satisfaction and encouragement to get up in the morning and fight for what we want.

Activity 8 in Political Self



Consumer behavior has affected Filipinos' self-identity. Consumer behavior refers to the study on how people mentally, physically or emotionally react or respond to different products and services. Self-identity refers to the overall perception of oneself in relation to the society someone belongs to.

The Filipino people's buying behavior has become highly dependent on vanity and materialism nowadays. This means that more people would more likely buy products as long as these have higher aesthetic value and "better" than what others are using. An example of this phenomenon is investing more on top-rated yet very expensive gadgets as opposed to choosing more functional ones. People buy products based on the physical aspects and not by the content. Another example of this is parents opting to buy formula milk brand A because it is simply much more expensive than brand B when in fact the nutritional value of both is just the same. These characteristics of Filipino consumers lead to higher spending on disposable income and not being able to save money anymore. Expensive products like cars and gadgets also need higher maintenance which means consumers end up spending even more than what they originally planned.

The consumer's role in society is to keep the trade alive and well. When people buy and sell goods, people get what they want and need while boosting the economy of the country. This behavior can play an important role in promoting our identity as a people by consuming locally made products instead of purchasing imported ones. This will strengthen our economy by helping out Filipino owned businesses which will then hire more employees and put more people to work. It isn't wrong to buy imported products, we all know that many of them are better than ours, that is something we have to accept, but when it comes to certain items which we know are about the same quality as that of the imports, we could probably patronize ours and save a bit of money while doing it.

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In my own opinion, Filipino consumers' buying habits have to be remodeled. I am also guilty of this unhealthy behavior and I think people's perception on products have to change.