

YOUR VALUES YOUR DIRECTION

Identifying and Cherishing Your Core Values



When we are not living in alignment with our core values, we suffer.

Kristin Neff, PhD

Our values are our deeply held ideals that guide us and give meaning to our lives. Values reflect your uniqueness, your experiences, your aspirations, your purpose, creative pursuits and your wisdom.

Values are both cause and effect. We react and behave in ways due to our values, and we form values based on what we have learned or experienced. Values create who you are, and who you are creates your values.

Values tend to have an element of choice. They are a living document. Whereas, needs tend to have survival associated with them (oxygen, water, food, connection).

There's also a difference between goals and values. Identifying your values can help you realize what you wholeheartedly need in order to feel purposeful and in-resonance with yourself, with others and with life overall.



VALUES VS GOALS

GOALS

- GOALS can be achieved
- GOALS are destinations
- GOALS are something we do
- GOALS are planned
- GOALS often involve external means

VALUES

- VALUES guide us even after goals achieved
- VALUES are directions
- VALUES are something we are
- VALUES are discovered and chosen
- VALUES come from deep within

MORE ABOUT VALUES

- VALUES help you find your purpose
- VALUES help you make decisions
- VALUES clear out clutter
- VALUES guide your needed boundaries
- VALUES help you choose the right career
- VALUES develop your sense of self

**It's not hard to make decisions
when you know what your
values are.**

Roy Disney

IDENTIFYING CORE VALUES FUTURE FOCUS

Imagine five years from now, you're enjoying a lovely day, fresh air and subtle breeze. All is right in this moment. You feel a deep sense of satisfaction, joy and contentment. Life hasn't always been easy, however over the last 5 years you've lived in alignment with your values and accomplished exactly what you've wanted. You feel wonderful about yourself and your life.

Imagine the core values and morals you have lived by that allowed for this bliss, satisfaction and fulfillment to unfold?

What have you prioritized? Who have you prioritized? What have you prioritized on a daily basis?

What goals have you accomplished? What does your life look like?

Your personal core values
define who you are.

Tony Hsieh

IDENTIFYING CORE VALUES

INSPIRATION FOCUS

As a social species, we learn a lot about our values through others. As we go through life, other people impact us. Some will disappoint us, others will inspire us. Take a few moments to navigate how you have been inspired by others.


List five people you admire and the traits they have you think are important.



List what you think are the top six most important traits from what you described above.

Identify the most memorable moments you have of someone offering you valuable advice or wisdom. It could've been from a family member, friend, teacher, coach, counselor or a total stranger. Describe at least one of these moments. What happened? What was said? How has it impacted your life? Allow yourself to free-write as much about it. Describe more moments if you like.

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**Values are like lighthouses -
signals giving us direction,
meaning and purpose.**

IDENTIFYING

CORE VALUES FRIENDS AND FAMILY FOCUS

Realize what your friends value about you and what you value about them.

Think of a cherished friend. What do you value most about him or her?

Do your friends or family tend to disappoint you in some areas? Describe how you get let-down.

What values do you wish all of your friends had so they wouldn't disappoint you?

What do your friends seem to value most about you? What does your best friend value about you?

Is there anything about yourself you value that your friends don't appear to see?

The #1 most painful false belief we have - that wrecks havoc on our core sense of worthiness - is the idea that we can somehow control how others view us. In truth, no matter how good-looking, nice or smart we are, how others view us is 100% in their realm of perception and control.

We cannot control how others view us, nor what they value in us. Not even our parents or dearest friends. This can be a painful, even lonely, realization at first. You may find yourself needing to grieve this. However with acceptance you will get to realize how freeing this is and in it, find your real power and worth.



The #1 cause of depression is a sense of powerlessness. Railing against depression, grappling to get power in a place you are powerless, results in deeper and deeper layers of depression.

No more railing against the inevitable powerlessness that comes with trying to control how others view you and what they value in you.

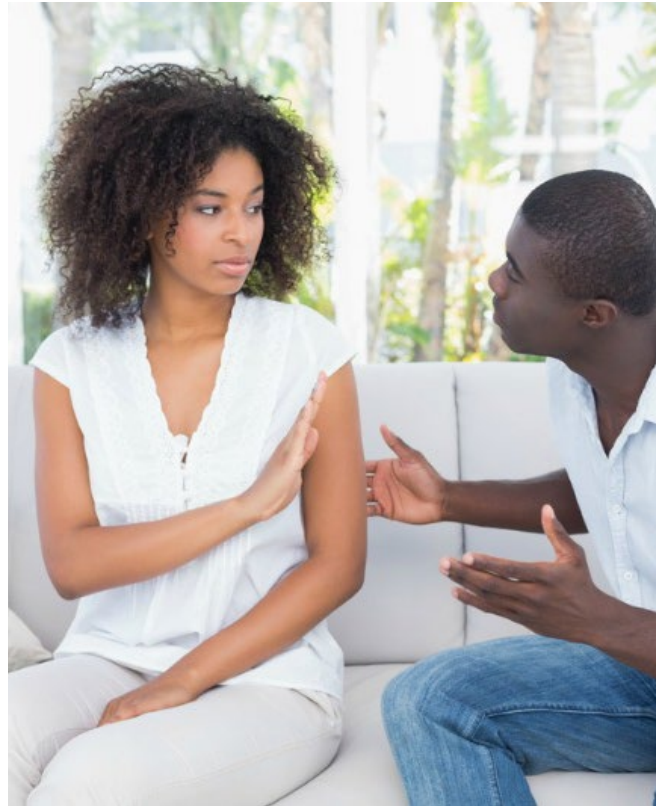
You have the power to climb out of this depression by focusing on what you can have power over, which is taking 100% responsibility for realizing how you WANT to be seen and what you WANT to be valued for, and then live your life in alignment with this path as best you can.

Realizing and choosing how you want to be seen and what you want to be valued for is a creative process and it will never be perfect.

In fact, this vision of how you WANT to be seen and valued will change and grow through time - yet, it will always be your responsibility and yours alone.

When you see it from this perspective, you realize that this is enough of a responsibility in itself and holds all the power you need to live your life aligned with a sense of purpose, worthiness, and empowerment.

With your 'map' for living how you WANT to be seen and valued, softens any urge to try




The version of me you created in your mind is not my responsibility. Even if I want it to be.



to control (codependency) how others perceive you. You will hold the power to allow others to perceive you the way they need to or choose to.

They may say things like "You are mean" or "You keep disappointing me." Instead of justifying, arguing, defending or explaining (JADE-ing) or apologizing for yourself, you get to listen, Respect at Face Value, and know their words are their perception. Stay in yourself. Their words say more about them and not much, if anything, about you at all.



If you adjust your level of perception you will discover the seeds of serenity within the seeming chaos that surrounds us.

Peter Patrick Berreda

If you could control how other people see you and what they think about you, what would you want them to see? What would you want them to think? What would you want them to value about you?

List the people that you care about the most in terms of how they view you? How do you want these people to see you? What do you want them to truly know, understand, value or be proud of?

Who's opinion of you do you care about the most? They may be alive or passed, or a spiritual figure.

How do you want this person to see you? What do you want them to love and value about you?

If you're in a place in life where you do not care about how anyone sees you, this is okay and empowering in it's own way. From this clean slate, imagine what you WANT to prioritize. How do you want to see yourself? Envision what you WANT to value, in travels, in experiences, in life overall.

PUTTING IT ALL TOGETHER

MY CORE VALUES

Use what you discovered above to list your overall values. Also see if you discover more. Free-write and allow your values to unfold naturally.

HOW I WANT TO BE SEEN AND WHAT I WANT TO BE VALUED FOR

How I want to be known, how I want to treat others, like honest, kind and loyal.

MY SUCCINCT LIST OF VALUES. THESE WEAVE INTO WHO I AM AND DESIRE TO BE.

Add to this list, over time, as you learn more about your personal values.

OVERALL VALUES

Everything from freedom and family, to improvement, work, music and interests.

ALIGNING WITH VALUES

What values do you feel connected with and living in alignment with the most?

How can you continue to keep this up, continue to have value-awareness, and live in this wholehearted way?

Which values to you feel you are not living in accord with?

Identify external obstacles to living in alignment with these values (not having enough money, single, too busy, etc.).

Identify possible internal obstacles, such as afraid of failure, maladaptive protective strategies (Inner Critic and other protector parts), self-sabotaging, poor time management, exhaustion, resistance, refusal to accept, lack of skills, etc.

Are there creative solutions to obstacles that are external - ways you can live by your values that you haven't thought of before? Ideas include: exploring careers, places to live, hobbies, interests, long-term planning for big changes, connecting with people that are aligned with your values, more self-care and prioritizing your day and time better.