

# The Value of VALUES

*the* mind friend

Your values are *enduring* characteristics, ideals or beliefs that are at your core. Essentially, they answer the question "What's most important to me?".

Values are shaped by a wild combination of society's norms, your parents' expectations, the media, culture, your peers and your sense of self.

Truly being *aligned* with your core values can be a very challenging task in a world where you are raised to believe that there is one "right" way to live and succeed.

While it is normal to be influenced by society's norms, many of us have stopped listening to what our own sense of self is saying altogether.

The problem with that: What society deems the "right" values to hold (for example status or achievement) may not be *true for you*.

In other words: What you were conditioned to value may not be what you actually value at all.

And living out of alignment with your values typically leaves you feeling frustrated, lost, stagnant. Life feels dull and unfulfilling.

I imagine that's not the way you want to live your one precious life.

Living aligned with your values changes the game. Your values guide you through life like a compass, an inner north. They are an essential starting point to meaningful goal setting, simpler decision making, powerful boundaries, and your best work.

Once you see it, you will not be able to *unsee* how values show up in almost everything you experience. The real power lies in using your values move you towards the life you want to live.

I encourage you to approach these questions with curiosity, an open mind, and a willingness to explore your inner world. Your values are unique to you. That means there are no right or wrong answers here. No one is here to judge. The best answer is the one that feels *true for you*.

# 1) *Brainstorm*

As a first step, start by exploring what's there. Take 5 minutes to brainstorm freely: What's important to you in your life? What do you want to stand for? Why?

Write down any words, phrase or ideas that come to mind. You're not committing to any, just let it flow.

## 2) Reflect

We can often (subconsciously) sense when values are alive - we feel admiration, inspiration, or flow. Use these questions to reflect further.

Think of the people you most admire. What do you admire them for?

Think of a few people you really can't stand. Why? What value(s) of yours may they be breaking?

Identify a few times in your life where you felt truly happy and fulfilled. What were you doing? Who were you with?

### 3) *List of common values*

We all need inspiration sometimes! Review this list of common values and circle the ones that resonate the most. Limit yourself to a maximum of 10.

ACCEPTANCE	ETHICS	MAGNIFICENCE	SOPHISTICATION
ACCOUNTABILITY	EXCELLENCE	MASTERY	SPARK
ACHIEVEMENT	EXCITEMENT	MEANINGFUL WORK	SPECULATION
ADVANCEMENT	EXPERIMENT	MINISTERING	SPIRITUALITY
ADVENTURE	EXPERTISE	MONEY	STABILITY
AFFECTION	EXHILARATION	MORALITY	STATUS
ALTRUISM	FAIRNESS	MYSTERY	SUCCESS
ARTS	FAME	NATURE	TEACHING
AWARENESS	FAMILY HAPPINESS	OPENNESS	TENDERNESS
BEAUTY	FAST PACE	ORIGINALITY	THRILL
CHALLENGE	FREEDOM	ORDER	UNITY
CHANGE	FRIENDSHIP	PASSION	VARIETY
COMMUNITY	FUN	PEACE	WEALTH
COMPASSION	GRACE	PLANNING	WINNING
COMPETENCE	GROWTH	PLAY	WISDOM
COMPETITION	HARMONY	PLEASURE	
COMPLETION	HEALTH	POWER	
CONNECTEDNESS	HELPING OTHERS	PRIVACY	
COOPERATION	HELPING SOCIETY	PURITY	
COLLABORATION	HONESTY	QUALITY	
COUNTRY	HUMOR	RADIANCE	
CREATIVITY	IMAGINATION	RECOGNITION	
DECISIVENESS	IMPACT	RELATIONSHIPS	
DEMOCRACY	IMPROVEMENT	RELIGION	
DESIGN	INDEPENDENCE	REPUTATION	
DISCOVERY	INFLUENCING OTHERS	RESPONSIBILITY	
DIVERSITY	INNER HARMONY	RISK	
ECONOMIC SECURITY	INSPIRATION	SAFETY & SECURITY	
EDUCATION	INTEGRITY	SELF-RESPECT	
EFFECTIVENESS	INTELLECT	SENSIBILITY	
EFFICIENCY	INVOLVEMENT	SENSUALITY	
ELEGANCE	KNOWLEDGE	SERENITY	
ENTERTAINMENT	LEADERSHIP	SERVICE	
ENLIGHTENMENT	LEARNING	SEXUALITY	
EQUALITY	LOYALTY		

## 4) Integrate

Okay, here's where we really get down to business. **Do not skip this step.**

You might *think* that you're clear because you have a collection of nice sounding words. But there are two problems with that:

- 1) Having a long list of values does absolutely nothing to help you navigate life. You need to *prioritize*, so your values can be a useful reference point.
- 2) Any one word could *mean* something entirely different to you than the next person. You need to define what's behind that word for you.

To do this, review your answers from the previous steps. Look out for patterns, words you use repeatedly, and for those that elicit a strong response in you. Based on that information, choose your **top 5** values - the ones that are most central in your life. Then, for each one, answer the three questions below.

VALUE 1 : \_\_\_\_\_

Here's what this word *means* to me:

This is *important* to me because:

This value is *alive* in my life through these actions:

VALUE 2 :

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Here's what this word *means* to me:

This is *important* to me because:

This value is *alive* in my life through these actions:

VALUE 3 :

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Here's what this word *means* to me:

This is *important* to me because:

This value is *alive* in my life through these actions:

VALUE 4 :

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Here's what this word *means* to me:

This is *important* to me because:

This value is *alive* in my life through these actions:

VALUE 5 :

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Here's what this word *means* to me:

This is *important* to me because:

This value is *alive* in my life through these actions:

Take a few moments to honor what you've uncovered on the previous pages.

Take a deep breath, put your hands on your heart, close your eyes and notice how you feel.

It's very unusual for us to take time for such dedicated self-reflection. I'm so proud of you.

Remember that this is a starting point. What you've just unearthed on these pages can become your biggest source of motivation, direction and fulfillment, but you need to carry it forward.

Keep your core values somewhere within sight, meditate on them, remind yourself of their meaning regularly, create a visual reminder. Use them as a key piece to inform your decisions, goals and actions moving forward.

“Does this align with my values?” is a transformative question to ask.



# Notes

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