

## Discover YOU

### A Re-Connection to Living Your Unique Value Set

**Values - the guidelines that drive the existence of your own best self and sustain your truest behaviours, personality, personal culture and intentions.**

Personal values are very much like the markers you see on the side of the road. They're almost unnoticed most of the time until you get to the side of the road and then they show up more noticeably letting you know you might be going off track from where you intend to be heading.

Values show up everywhere but often in an intangible way. They show up in families, communities, schools, work environments, leisure activities, not-for-profit organisations, regions, governments, political and religious organisations, and even in countries.

How and how well a life is lived is highly reflective of our own innate need to honour and live by our personal values. Though we all have the same base of values, there are as many variations and combinations in intensities and significances per value and in combinations as there are humans in this world. Yes - you have a unique value set combination. It is yours and yours alone. For instance, everyone has their own level and understanding of trust as a value within their own personal value set but the level of importance and meaning will be different for each person. Trust may mean that for some it will sit as the No 1 value to live by and for others a value like security or humour may sit higher than or equal to trust.

This is where there is often struggle in one's life, where dissatisfaction, unhappiness, and feelings of disillusionment or states of ill-well-being arise. With our authentic personal values being unique to each of us, no one can tell us what our own personal value set is. Only we can know this for ourselves. For some knowing and living their own values is very clear and straight forward and for others it might be a struggle especially if they don't know their own values, don't understand the importance that values play in any person's life or are forced to live by another person's value set.

We may be influenced in our life by values that were apparent in our childhood, especially in the family we grew up with and the communities we were constantly exposed to. The values in existence there may not necessarily be our own innate personal values for then nor now.

Though our physical DNA comes from our parents, our values DNA isn't as clear cut. This means that many adopt, take on accidentally or are forced to live by an ever-present value from those around us or that influenced us in our formative years. Our own current levels of satisfaction, happiness, balance, understanding of our own life's meaning and our current state of well-being all depend on how well these values that we are defaulting to and relying on, are aligned to our own innate values.

When we know our own unique values set, it is much easier to live life. The good times get better and in the tough times we have a never failing base to lean on in our own self-unity. One of our self-responsibilities as adult human beings, is to honour our own values and then lead others in letting them know what we value. Equally, as we all live in some community with others, be it our family, fellow workers, fellow countrymen etc, it is our common responsibility as adults to ensure we know the values of those immediately around us so that we can treat them according to their values not our own. This then becomes the platinum rule "Treat others as they desire to be treated" which supersedes the golden rule "Treat others as you desire to be treated".

Values are not always static - they may evolve over time as we as individuals evolve. This means that one value may morph into a deeper more meaningful value for an individual. Honesty may morph into integrity for some, adventure may morph into freedom for others, health may morph into independence for another. Having said this it is equally possible for a person to have the same values set through his/her entire life. It is therefore important to review your values set periodically, every 6-12 months even and especially following a significant event in one's life.

### **Application & Fieldwork**

Complete the following exercise to re-connect with your own unique value set combination. The idea of this exercise is to come up with your leading values.

Timeframe: Take as long as you feel comfortable completing this exercise.

Instructions: Write a list of what you most value. Include attributes and qualities you most value including those you admire in others. Include values you like the sound of and values that you feel you may or may not be complying with or have at the moment. Try to come up with a list of at least 20 values - it is important to not skip any possible values at this initial listing stage.

At the end of this document is a partial list of values that might help stimulate your thinking if you get stuck. Try to use your inner knowing first though by doing this exercise initially without reading the list.

Now complete the following statement for each value in the list you've just made. Choose the 10 statements that feel most right and true for you.

"My life is made meaningful by..." (complete the statement with a value)

If the above statement doesn't feel right for you to use try this one...

"If I didn't have ..... in my life, my life would be meaningless."

Once you have narrowed your list of values down to around 10 of the top values for you, rate or group them in order of importance or significance for you. The top 4-7 will be your leading values set. You will either have one stand-out value which sits at No 1 or you will have 2 or 3 that make up your crowning key values. One option will stand out for you as being right for you here.

Use your leading values set (your top 4-7 values) to reflect on how these values are playing out in your life currently.

Take any actions you are inspired to do from this reflection.

Now, complete the following exercise "Living My Values Ideal Scene". The idea of this exercise is to lift you into the potential of what you can have in your life by living your life through your values and allow the natural energies that surround your life to support you toward this potential.

1. Have a "Living My Values Ideal Scene" document ready to go. This can be computer generated or hand-written whichever feels right for you but in the version you will use easily and have ready access to.
2. With your leading values handy as a reference, imagine for a few minutes what your life will be like if you honoured and lived these values 100% every day. Allow your mind to wander over all possibilities. This imagery should be a fully pleasant experience. (If it is not, the value you are imagining isn't one of your leading values for right now. Go back to the first exercise and check all the statements and choose the ones that feel right, not the ones that you think you should choose.)
3. Now using the document you have ready, take a few minutes and write about your life from the angle of living it 100% from your values. How does it feel, what it looks like, how are you doing what you are doing etc. Leave a gap at the top of the document for writing a sentence and write 1-3 short paragraphs that are highly inspirational to you!
4. Once you are complete with writing the contents of your ideal scene, in the space preceding this write the following words..."*I am now creating my life where I fully honour and live my values and I have a life that...*" Now complete this document by adding the following after the paragraphs describing your ideal scene...."*This, I manifest now for the benefit of the highest good of all.*"
5. Keep this document handy and read it to yourself, with as much emotion as you can, morning and evening, for at least a few days - keep doing this, if after this time it feels good to do so.

Values – below is a list of some common and some not so common personal values. They are listed to expand your own curiosity about your true personal values if need be.

Achievement	Adventure	Accomplishment
Advancement	Acknowledgement	Acceptance
Affection	Ambition	Appreciation
Approval	Assertiveness	Autonomy
Balance	Beauty	Bravery
Being true to oneself	Being the best	Belonging
Courage	Celebration	Cooperation
Charity	Charm	Cheerfulness
Compassion	Competence	Consideration
Community	Connection	Contentment
Confidence	Consideration	Communication
Creativity	Challenge	Caring
Contribution	Community interaction	Commitment
Close relationship	Credibility	Curiosity
Daring	Dedication	Decency
Dignity	Dependability	Delight
Devotion	Diligence	Duty
Excitement	Emotional connection	Enjoyment
Enrichment	Eloquence	Empathy
Enthusiasm	Employment	Empowerment
Ethics	Family	Fame
Flexibility	Friendships	Free time
Fun	Freedom	Fulfilment
Fortitude	Giving	Generosity
Growth	Good health	Good times
Gratitude	Happiness	Humour
Honesty	Humility	Individuality
Integrity	Intelligence	Independence
Interdependence	Knowledge	Learning
Laughter	Loyalty	Longevity
Love	Making a difference	Passion
Opportunities to learn	Peace of mind	Power
Respect	Recognition	Respect of others
Reliability	Resourcefulness	Self Esteem
Self-expression	Sense of accomplishment	Self-employment
Solitude	Spiritual connection	Support
Selflessness	Sharing	Volunteer Work
Security	Travel	Trust
Toleration	Variety	Wealth