**VALUES**

Our values can be our compass for our lives and our choices. Values guide our every decision. When you know what is most important to you, making a decision is effortless.

Values are what we truly stand for. They are what we believe is fundamental to our happiness and fulfillment.

**What are values?**

Values are those emotional states we want to experience on a consistent basis.

If you’ve ever found yourself in a situation where it was tough to make a decision, the reason is that you were unclear about what you valued most within that situation.

VALUES can include:

| Heath | Creativity |
| --- | --- |
| Integrity | Adventure |
| Joy | Happiness |
| Connection | Achievement |
| Passion | Growth |
| Compassion | Contribution |
| Certainty | Freedom |

Go ahead and list your own values. Don’t be limited to the values above. There are many more different values and everyone has their own values.

Remember, when you know what's most important to you, making decisions is simple.

The only way for you to achieve long-term success, happiness and relationships is live by your values.

To do this, you must be absolutely clear about your values.

* If you don’t know your values, you may struggle to know who you truly are, who you want to be, how you feel and want to feel.
* If you live in reaction to the events and experiences, hoping, wishing and waiting that will all work out.
* If you know what you want to have (more money, love, health, house) without ever knowing who you want to be..

Then you are missing the whole point of living a fulfilling and conscious life based on your rules and your values.

Remember, knowing your values is not about having them and then forget about them when there’s a decision to be made that would mean a personal challenge.

If you want to know what it feels like to not live aligned with who you are and what you believe in, make a decision that doesn’t keep your values intact.

**THE SECRET TO HAPPINESS…**

NO MATTER HOW CHALLENGING IT CAN BE AT THE BEGINNING ->

* **LIVE ALIGN TO YOUR VALUES**.

Living aligned with your values means being in truth with yourself. Being fulfilled, content, feeling the sense of belonging, worthiness and love. It gives you real happiness, peace and trust.

NOW ASK YOURSELF:

* What core feelings / emotional states must I feel on a consistent basis so that I know I am being true to myself?

A GREAT STARTING PLACE IS TO THINK OF MOMENTS YOU FELT TRULY FULFILLED.

* What were you doing?
* How did you feel?

The answers will give you an idea of what you value most.

MY CORE VALUES ARE:

**YOUR RULES AND YOUR VALUES**

We all have rules about what has to happen for us to feel our values are being met.

For example: One of my rules for my values of honesty to be met is that I take responsibility for being honest to myself and others. It doesn’t mean I need to overshare and tell everyone everything about me. It’s about living with integrity that whatever I do, I’m honest to myself and don’t need to explain too much to others. If I feel like sharing my thoughts and feelings I do it without hesitation. The most important thing is I do my best to always share it with myself.

So what are your rules? If you value love or connection, what do you believe must happen for you to know you will feel love or connection every time? It is a touch? Is it a valuable time? Is it a language? Is it a feeling? Must you be doing something with someone in particular, or can involve just you or a group of people, or either?

**WHAT YOU NEED TO KNOW ABOUT YOUR RULES?**

The problem for most people is that they create rules that mean someone else has to do something for them to feel the value. But if no one knows your rule, how can they meet them?

Even if some people know your rules they still don’t have to obey your rules.

The most important thing is you are meeting your own rules first and then without attachment you connect and invite people who want to meet your rules. People who want to meet you rules most often have similar rules like yours, similar values or they are inspired by your values and rules.

EXAMPLE:

* My core value is honesty
* My rules for this are or I always feel honesty whenever:

 - Everyone always means what they say and say what they mean, AND

 - No one lies, AND

 - People have the same idea of honesty as me…

And so on. This person is perpetually feeling that their values of honesty are being challenged. How about this instead:

* My core value is honesty
* My rules for this are or I always feel honesty whenever:

- I speak the truth, Or

- Others must speak their truth, OR

- It’s ok for me and people to disagree, OR

- Everyone has good intentions and they are doing the best they can with the resources they have, OR

- We find a win-win in every situation, OR

- We move on if we disagree.

Notice now you can give yourself far more opportunities to meet this value. This will lead you feeling much happier and freer most of the time.

MY RULES FOR EACH OF MY VALUES ARE:

NOW ASK YOURSELF:

* Do your rules serve, support you and how you want to live your life?
* Do your rules support and respect those around you?
* Do your rules allow you to learn and grow, or are they about keeping you safe, and away from harm?

IF NOT, WHAT RULES WOULD?

Make a commitment to yourself right now to live according to your values. When you’re making a decision ask yourself how would you decide based on your values? What can you do right now that will have you experiencing the emotional states you value?

NOW, do a self reflection here how you see the world (based on your values and rules) and how are you experiencing the world?

What are you missing out on and what are you willing to change to live a more fulfilling and happier life.