

Values & Confidence

Values can provide a framework for confidence as well as an internal compass for travelling through life. The key is to first know what your values are and then to figure out how to live them in your every day. Many people make the mistake of thinking materialistic things are values but this is inaccurate. You may highly value your new red convertible, but in reality it is the freedom or social status the convertible provides that really matters to you. Money is another good example - money itself is not the value, but the security or stability it brings is.

So, what are values? Well, what they're not are morals or principles, which assume a good and a bad, a right and a wrong. There's nothing virtuous about values. They are simply intrinsic and inherent to who you are. They are the qualities of a life lived fully from the inside out. And when there's a gap and you're not living in alignment, a certain, unhealthy dissonance exists. I think everyone has experienced what I'm talking about in one way or another. The answer, however, is not to beat yourself up but rather to become aware and make a change. Make a commitment to one of your core values.

Use values as a way to order your life by setting value-based goals and making value-based choices and decisions. For example, once you uncover your top core values, set a short, medium and long-term goal for each as a way to incorporate it more fully into your life. Then break down each goal into separate actions to take. By implementing this approach, you'll be acting with confidence and trusting yourself to be and do what really matters to you.

Ways to Mine for Values

- Think of a moment when you felt most alive – what happened? Where were you? Who was there? What did you see? Hear? Smell? Taste?;
- Do the same thing with a perfect day;
- Think of something that REALLY bothers you. Chances are that this something upsets you because a value is not being met. Whatever is the opposite of this thing is the value.
- Other fun ways to identify values (Taken From The Coaching Tools):
 - This week, what did you go out of your way to do and not do?
 - Think of 3 absolutely-must-have things to take with you into a difficult, possibly dangerous situation?
 - What is your favorite animal and why?
 - What is your favorite activity and why?
 - Who do you admire and what about them do you admire?

- Keep asking “what’s special about that?” until you get to a value.

- OR -

Simply select from a values list: Make sure to articulate exactly what you mean by each of your selections. Then rank the values from 1-5 (1=not important, 5=critical) to reveal which are your top ones. The more you’re in touch with this premier group, the more you can draw from them. Note: Some words may seem redundant but there are actually small, important distinctions. Feel free to add any others you do not think are represented.

Humor		Spirituality
	Adventure	Empowerment
Directness	Lack of Pretense	Integrity
Partnership	Zest	Creativity
Productivity	Tradition	Independence
Service	To be known/seen	Nurturing
Contribution	Growth	Beauty
Excellence	Aesthetics	Authenticity
No obligations	Participation	Risk
Focus	Performance	Peace
Romance	Collaboration	Elegance
Recognition	Community	Vitality
Harmony	Personal Power	Trust
Accomplishment	Freedom to choose	Health
Orderliness	Connectedness	Personal Impact
Moving forward	Acceptance	
Honesty	Acknowledgment	
Success	Friendship	
Accuracy		