



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 40 Transcript: Core Values

This week, we continue the process of discovering what our identity truly is by taking a look at values. We acknowledged the importance of personal core values when we discussed the fact that many of our conflicts with others originate from a clash in values.

We also briefly mentioned them while exploring our Original Identity. But, let's look deeper at how to identify these values in every area of life.

A value is anything that is important to us and brings worth and meaning to our lives. We don't always recognize values because they're so inherent and essential to who we are. They are intrinsic in our design, so unless we take the time to reflect on them, they may go undefined.

Values are what create satisfaction, fulfillment and purpose in our lives. A value is any quality, experience or way of engaging with life that fills us up, gets our blood going, and nourishes our soul. Essentially, a value can be anything that makes our heart come alive.

Our personal set of values aren't the things we believe we should value, rather they are the things we actually do value that we reflect in our day-to-day actions and interactions.

Typically, values are not simply activities. For example, your heart may come alive when you are playing with your children, or talking with friends. But "playing with your children" or "talking with friends" are not values, they are activities.

Values are what is happening in the midst of the activity that is nourishing your soul or giving your life meaning, like Playfulness or Connection.

It's essential to clarify what our core life values are so that we can live in integrity with them. When we don't, we will generally notice a sense of dissonance, dissatisfaction and disappointment.

Values determine, and fuel, our behavior. What are your must haves? Beyond food, shelter and connected relationships what can you not live without?



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For some it's adventure and discovery, for others it's challenge and accomplishment. Still others, it's solitude and contemplation. Are there things you absolutely must have in your life or a part of you starts to wither?

Clarity of values gives us courage. When we act in alignment with our core values, take a risk and fail, our values help us find meaning in our mistakes and our grounding when our feet get knocked out from under us. If our failed attempt was fueled by something that is important to us, we will often rebound more quickly and believe that it was worth it.

Clarity of values helps us make major life decisions. Without having our values as a clear net to filter all of life's big decisions through, we'll consistently say "yes" to things for the wrong reasons leaving little time or energy to say "yes" to your higher dreams and deeper desires.

That's why clarity of values helps us live our purpose. Our mission comes out of our identity. And, our values are the puzzle pieces that make up the whole picture of who we're designed to be.

So, if you have an opportunity come your way, and you have a clear understanding of your personal core values, you simply cross check the elements of the opportunity with what's important to you. Whether or not this opportunity honors your values becomes clear rather quickly.

Clarity of values helps us find meaningful connection in relationships. No two people share the exact same set of values. We will always need to be curious about what others value that we may not. But, the top 2 indicators of the most long-lasting and fulfilling relationships are: shared values and shared mission or purpose in life.

Let's get really clear and name what's most important to us. Let's identify what makes our soul sing so we can live a more meaningful life. Be sure to download the action guide to support this process and share what you are learning on our group page.