

Point-to-Path Coaching Bi-weekly Ezine!

Provided by Milista Anderson, Business and Life Coach
Point-to-Path Coaching
6206 Wigton
Houston, Texas 77096
713.271.1171
www.pointtopath.com

This week's topic: Get In Touch With Your Values – 5 Steps (Vol 5-102703)

What is a value? One definition is: A principle, standard, or quality considered worthwhile or desirable. A value is something you'd hold in your mind, heart and soul no matter how many other "things" you have or don't have. Frustrations and feelings of being unfulfilled can come from actions and behaviors that aren't aligned with your values. Do you know your values?

1. Brainstorm a list of your values

Start with "I love ____" and then fill in the blank. If you need help getting started, use prompt words such as fun, adventure, fulfillment, freedom, security, happiness, independence, spirituality, etc. Try to come up with at least 7.

2. Choose your top 4

Narrow the list to 4. Pick the 4 that you feel most strongly about regardless of whether or not you're honoring those values today.

3. Who are you when living your values?

For each of the 4, write down the person you are/can be when you are most able to live your values. How do you feel about yourself? How do others feel about you?

4. Are you living those values?

Be honest with yourself. Are you living your values? If you are, good for you! If you're not, get clear on what's missing. Use your answer from #3.

5. Create a way to live your values

Take on a project that will allow you to express your values. Change a habit that's preventing you from living your values. Commit to changing at least one area of your life to align your actions with your values. For example, if you value good health, are there changes you can make regarding eating, exercising, smoking, alcohol use, your home environment (clutter, unclean), etc.?

And, yes, you guessed it – a Life Coach can help with this!