



## Personal Values

*"Our values develop our character and our character creates our destiny. When we're out of touch with our values, we are blown about like Autumn leaves, caught up in mindless routines...but when we affirm our guiding values, our lives are inspired by our deepest beliefs." - Your Personal Renaissance, Diane Dreher, Ph.D.*

### **Why Values Matter:**

- To become Aware of what's Important to You and your family.
- To create a guideline of what's Ethical for You and your family.
- To Develop Personal Credibility as a Leader in Your family.

Many people run around looking at life as a way to *just exist*. Life is meant to be Lived, Looked At and Created by You. All of this is about **Self-Awareness** which is the key to life. By Being Aware you are making Decisions and Creating new choices when you want Change. Change takes place when Behavior is changed. Behavior is a Habit which is a Belief. A Belief is a Thought You Keep Thinking over and over and over again. Change your Thoughts and your Behaviors automatically change.

Values influence your choices and your choices also influence your values over time. They are guidelines for success and a continual focus on Who- You-Truly-Are. A clear picture of Personal Values allows you to prioritize what *you want to do now*. Understanding Your Core Values keeps you focused on what's important for you as a person.

**Check yourself out:** *Are your actions about instant gratification? Are your Values than being put aside?* By living inside your Personal Values you are creating credibility and trust within yourself. *Trust* is a willingness to take a risk and be vulnerable. Being a Leader is when you continuously take a leap of faith, *trusting*, which in turn invites others to follow you. Understanding your Personal Values is your guideline to your own Leadership skills.

**"Walking the Talk":** This is your opportunity to live by your Personal Values on a daily basis. Your guideline (bumpers in life) is to focus on what you Truly Want and what Stands True for you. This keeps you inside your Value Frame of Life and creates many happy times. The real fun is becoming Aware of the *social pressures* that come your way along with the *desire to for instant gratification* and how simple it can be to *fall back into old habits*.

**Creating Your Personal Values:** The simplest way to create Personal Values is to take the time and reflect on what's Most Important to You and write them all down. *Be very clear on what impacts you the most, how you want to live your life and what works for you.* Come up with Key Words that describe your definitions and claim them as Yours. Pick out the ones that are specific for Your Family Boundaries.

Have Fun creating your Personal Value Blueprint!

Enjoy,

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