



Exploring Values and Beliefs



Exploring your list of values and beliefs

Time to start seeing where your values and beliefs align with you on your path in your life. *“A lot of the conflict you have in your life exists simply because you’re not living in alignment; you’re not being true to yourself”*— Steve Maraboli. When you take the time to consider your core values, it helps the struggle with big decisions, boundary setting easier to navigate. Core values and our belief systems become our needle on our compass of life to help navigate on our journey.

One of the main purposes of doing this exploration will help us to illuminate our soul’s passion and purpose. It helps us release cords of connection for social media, cultural and family dynamics and truly see what we carry in our hearts and souls. It will help you see what is truly your authentic self. You’ll discover a unique list of values and beliefs to help orient your life and what clear action to start taking.

Just like the foundation of a home, core values provide the groundwork for your thoughts, actions, decisions, and behaviors. Without a base, your “home” falls apart, and you lose a sense of purpose and direction. Your life may appear to be successful, but still, you still feel lost and unfilled. Until you define what the core value of success and it’s meaning to you, you’ll be chasing empty accomplishments.

If you don’t completely understand your beliefs, you may violate them without realizing it. This can lead to feelings of guilt and shame, without knowing why. You also can carry beliefs that rooted from other people and don’t truly hold your heart and energy.

This ID of values and beliefs just doesn’t happen with a snap of your fingers but with truly honest reflection and acknowledgment of one’s true feelings around beliefs. Roll up your sleeves and let’s dive into this self-reflection.

Get a Pen and paper and let’s start on this personal reflection. Let’s explore and see what moves your heart and soul.

Journaling

1) What does it mean to be true to yourself?

In your minds eye what does it look like to be fully yourself and how would that look like in your daily life. What kind of friends, type of job, health, family dynamics and relationships, hobbies, travel and how ever else you see this unfold? Let you heart and imagination take flight.

2) Who do you admire?

When we explore what we find admirable qualities in “real life people” and why. It helps see why we admire them and what core value is there. Think of some positive role models who inspire you to live a meaningful and fulfilled life.

This could include people you know personally, famous figures, characters in a book, etc.

As you think about these people, write down:

- what it is about them that inspires you or intrigues you?

- what are the admirable qualities they possess?
- What behaviors and actions do they do that you would like to emulate?

3) When do you feel most like yourself?

When you're in situations that allow you to be authentic, that's a clue that you are in alignment with your values. And when you have to betray or chameleon yourself to fit in, you can feel ashamed and alone. A feeling that you're not seen or loved for who you are.

This is deep reflection and will happen at times you feel awkward or need to hide who your truly are because of emotional, mental, physical safety.

I want you to write what's is going on?

- who are you with?
- what feelings/emotions are being triggered? (remember this can be also felt as physical pains or discomfort in the physical body)
- What cost do you pay by this experience from your emotional, mental, or physical energy systems?

Times you feel you can be the real you and authentic, what's going on?

- who are you with?
- what activities are doing?
- What are the positive emotions or outcomes of these experiences?

4) What inspires you to take action?

Regularly our core values can reveal themselves through the actions we step into. Think of a situation where you took a stand for someone or something you believed in?

Write down the reasons you felt so strongly to do these actions or speak your truth.
example:

- 5) What were the feelings that motivated you to speak up or act?
- 6) what were you willing to risk in that situation and why?
- 7) What was the result of taking this action?
- 8) What do you feel that you gained or lost from this?

Sit and reflect and see if there are any patterns, anything that really stands out and any aww how moments.

Here are some additional questions to help you see where these values show up in your life:

- How do you define these values?
- What actions and activities reflect this value?
- Could you do more to include this value in your daily life?

Some examples to help you reflect

Core Values List

- Family
- Freedom
- Security
- Loyalty
- Intelligence
- Connection
- Creativity
- Humanity
- Success
- Respect
- Invention
- Diversity
- Generosity
- Integrity
- Finesse
- Love
- Openness
- Religion
- Order
- Advancement
- Respect
- Joy/Play
- Forgiveness
- Work Smarter and Harder
- Excitement
- Change
- Goodness
- Involvement
- Faith
- Wisdom
- Beauty
- Caring
- Personal Development
- This Too Shall Pass Attitude
- Honesty
- Adventure
- Kindness
- Teamwork
- Career
- Communication
- Learning
- Excellence
- Innovation
- Quality
- Commonality
- Contributing
- Spiritualism
- Strength
- Entertain
- Wealth
- Speed
- Power
- Affection
- Cooperation
- Love of Career
- Friendship/Relationship
- Encouragement
- Pride in Your Work
- Clarity
- Fun-Loving
- Charisma
- Humor
- Leadership
- Renewal
- Home
- Be True
- Contentment
- Friendship
- Courage
- Balance
- Compassion
- Fitness
- Professionalism
- Relationship
- Knowledge
- Patience
- Change
- Prosperity
- Wellness
- Finances
- Gratitude
- Grace
- Endurance
- Facilitation
- Effectiveness
- Fun
- Fame
- Justice
- Appreciation
- Willingness
- Trusting Your Gut
- Giving People a Chance
- Patience
- Forgiveness
- Self-Respect
- Abundance
- Reciprocity
- Enjoyment
- Entrepreneurial
- Happiness
- Harmony
- Peace