

Honouring our Values?

Values are what we consider to be most important in our lives. Our values determine the lives we lead by affecting the choices and actions we take. When we honour our values on a regular basis, life feels good, but when we dishonour our values, life can become quite stressful. A dictionary meaning of a value is that of “worth, goodness or efficacy”. Values have a great impact on what we do and what we say. We have values that can be specific for different situations and we will react accordingly. Values form the framework of our being and are strongly connected to our identity.

When people become disconnected with their values, they lose motivation be in at work or in their personal lives. By appreciating what is important to us, we can lead lives that are fun, wholesome and happy. By fulfilling our values, we realise dreams and ambitions and we have greater inner contentment when we achieve our goals and dreams. When our values are in inline with what we believe, we experience congruent feelings, however, when these are out of sync, we experience distress or discomfort.

One question to ask regularly is “What is important to me in my Life? When we do this regularly, we are conscientiously making the effort to realise what is important to us and what we want in our lives and what we don’t want in our lives.

Another exercise that you can carry out is to sit down with a piece of paper and ask yourself what is important to you about “Family”. Ask a friend to do the same and then compare the lists together. Do not prompt them with your words, but just asked them to write down what value they value on family. When you compare the lists, you may find that some words match, but you will notice that the differences between both sets of lists.

This exercise highlights that not only do we have different values, but we also use different words to describe our values and no lists will be identical.

Get in touch with Aim High Ltd and find out how our team can help you honour your values and help you lead the life you wish to live. Book your complimentary consultation session TODAY. Contact us at contact@aimhighltd.com or call us on +44 (0) 207 241 3646

