



VALUES AND BELIEFS

What do we believe and what is of value?

Do you live by your values and beliefs? If so are they serving you well?

D Holliday

What are your life affirming values?

Life Coaching can be the most transforming thing you can do for yourself, in your life...ever!

I know because I took the big step to look at my life many years ago and realised that it was lacking, then I took on board the need for change and went the whole hog and became a coach! That meant scrutinising my values, re writing beliefs about myself and the world around me and learning new ways to think about myself.

Not everyone will need to go as far as that, but it can be a good to understand what we mean by life coaching and mentoring. From my point of view, there is little to **say** about coaching, it's much more about **doing** it. But in a nutshell, it's helping another person to reflect on themselves, to go inward, to learn who they really are.....and then to learn to love that person above all. If we can't love ourselves, we will be unable to love others and love transforms lives.

What about values? Our values define who we are and what we do. They can be described as the personal rules that we choose to live by. How we live and work in our communities can define us, how we relate to our family and friends can define us. In fact, we can be quickly defined as a person who... 'drives a bus, works in an office, is a nurse in a hospital' for instance, rather than..... 'the person who never lets me down, the one who is kind and forgiving, the one who is patient and caring'there lies the difference!

Do we live according to our own values or to those of others? What has changed us and do we carry our best values on into our lives, or have we forgotten them and live by other people's values and beliefs.

Many people go through life like actors; fitting the roles that they think society, family and friends expect of them. It can take some time, and for a goodly section of mankind far too long, to realise that there is only them. That by acting a part that is not congruent with their own values, they are living a lie. A decent coach or mentor will get to the parts that need reviewing, and reveal to the client that they are the only ones who can make changes to their lives and the way they think, and then be there to support and guide them through those changes.

Charles, for example, was in a rut. A mid-life crisis before mid-life had arrived. He was bored with his working life, had no stable relationship and felt that his life was less than worthwhile. He was also in the grips of a very tight financial situation and frankly was letting his life go down the drain! Motivation alone would never be enough; he had read all the self help books but never acted on them. His core values about himself and his beliefs about the world had disappeared. He was unable to connect his inner most thoughts and principles to the way he lived now.

To uncover the layers of acting that are, or have been affecting your life, try going back to childhood and remember the dreams you had. How did you see yourself then...? what were your values then and do they still hold true?

Do you know your values and beliefs now? Do you have integrity in all you do?

In the table that follows you will see a list of some values and beliefs that are common to many people. Once you read them you will think of others that may be truer for you.

You will need to print this out so you can refer to the results again in a little while. I want you to review your values and select those that you still hold dear, those that you live your life by. Add any others that you think of, any that you would like to consider.

1. Cross through those that do not seem to apply to you
2. Give a rating to the rest (1 -10 number 10 being the most important)
3. Re write or re assess those marked 10
4. Now put 5 of them in order of importance

These are your defining values, known as core values

Achievement	Freedom	Justice	Security
Adventure	Growth	Kindness	Self discipline
Beauty	Happiness	Knowledge	Self Esteem
Charity	Health	Love	Service
Creativity	Honesty	Peace	Spirituality
Dignity	Honour	Power	Strength
Ethics	Humility	Pride	Supportiveness
Family	Independence	Reason	Surrender
Friendship	Individuality	Risk	Trust
Forgiveness	Integrity	Resolve	Truth
Fun	Intimacy		Wisdom

ADD YOUR OWN			

Your 5 Core Values

1	
2	
3	
4	
5	

Now, take stock.....is this really true?

Do you live by these values or are they a little wishful thinking?

Charles wanted 'honesty' on his list but on reflection realised that he spent a considerable time telling lies to bolster up his flagging ego. That doesn't mean he can't make this one of his core values, it will just take a degree of work and a change of attitude.

He also wanted to add 'intimacy' as this had been a sticking point in his relationships. So this one became more of a goal than a value.....one to add later.

In Charles case 'forgiveness' would be a great value; personal, self forgiveness to help heal the wounds that life had inflicted.

Once we enter the arena of self development and understanding, it is surprising how many very small changes, can make big changes happen over time. For Charles, to stop lying and bragging, to forgive himself and work on being more intimate and trusting within a relationship, will start to make this lost person more self confident and with that a good deal happier.

Just three changed values for Charles, will bring congruency and personal fulfilment.

And you? No more acting, just be very brave and do what is right...for you!

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