

Self-Development 101

Exploring Personal Values



Introduction

When we begin the rewarding journey of personal healing and growth there are some areas of the self that are imperative to explore before we move forward. Knowing as much as you can about the hidden influences of your own personal Soulchology give you a leg up on the competition (competition=your unaware self) and motivates the continuation of personal work. Our values are one of those areas. Values are your principles or standards of behavior; your

judgment of what is important in life. Your personal code of morals or ethics that guide your life.

Section I

Directions

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The Value Exercise

On a piece of paper write “what’s very important to me” and leave a space to list 3 things; number those lines 1,2,& 3. Next write “what’s important to me” and then number 6 spaces 1-6. Last write “what’s not important to me” and then number spaces 1-9.

Now take I look At the list below and fill out your paper. DO NOT think too much into it! Go with your gut and pick the answers that resonate the most. Don’t pick make your selection based on what’s ideal, socially acceptable, or what you desire future tense. Make your selections based on who and where you are now in this moment. When you are finished move on to the key in section II. And please don’t cheat yourself by peaking at section II before you complete section I 😬

Value List

ACCEPTANCE	BEAUTY to appreciate beauty around me	CONTRIBUTION to make a lasting contribution in the world
to be accepted as I am	CARING to take care of others	COOPERATION to work collaboratively with others
ACCURACY	CHALLENGE to take on difficult tasks and problems	COURTESY to be considerate and polite toward others
to be accurate in my opinions and beliefs	CHANGE to have a life full of change and variety	CREATIVITY to have new and original ideas
ACHIEVEMENT	COMFORT to have a pleasant and comfortable life	DEPENDABILITY to be reliable and trustworthy
to have important accomplishments	COMMITMENT to make enduring, meaningful commitments	DUTY to carry out my duties and obligations
ADVENTURE	COMPASSION to feel and act on concern for others	ECOLOGY to live in harmony with the environment
to have new and exciting experiences		EXCITEMENT
ATTRACTIVENESS to be physically attractive		
AUTHORITY		
to be in charge of and responsible for others		
AUTONOMY		
to be self-determined and independent		

to have a life full of thrills
and stimulation

FAITHFULNESS

to be loyal and true in
relationships

FAME

to be known and
recognized

FAMILY

to have a happy, loving
family

FITNESS

to be physically fit and
strong

FLEXIBILITY

to adjust to new
circumstances easily

FORGIVENESS to be
forgiving of others

FRIENDSHIP

to have close, supportive
friends

FUN

to play and have fun

GENEROSITY

to give what I have to
others

GENUINENESS to act in a
manner that is true to
who I am

GOD'S WILL

to seek and obey the will
of God

GROWTH

to keep changing and
growing

HEALTH

to be physically well and
healthy

HELPFULNESS to be
helpful to others

HONESTY

to be honest and truthful

HOPE

to maintain a positive
and optimistic outlook

HUMILITY

to be modest and
unassuming

HUMOR to see the
humorous side of myself
and the world

INDEPENDENCE

to be free from
dependence on others

INDUSTRY

to work hard and well at
my life tasks

INNER PEACE to
experience personal
peace

INTIMACY

to share my innermost
experiences with others

JUSTICE

to promote fair and equal
treatment for all

KNOWLEDGE

to learn and contribute
valuable knowledge

LEISURE

to take time to relax and
enjoy

LOVED

to be loved by those
close to me

LOVING

to give love to others

MASTERY

to be competent in my
everyday activities

MINDFULNESS

to live conscious and
mindful of the present
moment

MODERATION

to avoid excesses and
find a middle ground

MONOGAMY

to have one close, loving
relationship

NON-CONFORMITY to
question and challenge
authority and norms

NURTURANCE to take
care of and nurture
others

OPENNESS to be open to
new experiences, ideas,
and options

ORDER

to have a life that is
well-ordered and
organized

PASSION

to have deep feelings
about ideas, activities, or
people

PLEASURE

to feel good

POPULARITY

to be well-liked by many
people

POWER

to have control over
others

PURPOSE

to have meaning and
direction in my life

RATIONALITY

to be guided by reason
and logic

REALISM

to see and act realistically
and practically

RESPONSIBILITY

to make and carry out
responsible decisions

RISK

to take risks and chances

ROMANCE

to have intense, exciting
love in my life

SAFETY

to be safe and secure

SELF-ACCEPTANCE

to accept myself as I am

SELF-CONTROL

to be disciplined in my
own actions

SELF-ESTEEM to feel good
about myself

SELF-KNOWLEDGE
to have a deep and
honest understanding of
myself

SERVICE
to be of service to others

SEXUALITY
to have an active and
satisfying sex life

SIMPLICITY
to live life simply, with
minimal needs

SOLITUDE to have time
and space where I can be
apart from others

SPIRITUALITY to grow
and mature spiritually

STABILITY
to have a life that stays
fairly consistent

TOLERANCE
to accept and respect
those who differ from me

TRADITION to follow
respected patterns of the
past

VIRTUE
to live a morally pure and
excellent life

WEALTH
to have plenty of money

WORLD PEACE
to work to promote
peace in the world

Section II

Now that you made your list here's how you interpret it.

What's very important to me

These are your 3 core values. Core Values are your foundation and a huge influence in your making decisions for your highest good. When you are feeling unbalanced or unrest angry or frustrated it's a likely chance who or what you're engaging with is in conflict to these three things. They are more often than not uncompromising and will usually leave one feeling self betrayed if they are. These are usually ,however not always, things you value individually...meaning not including the self in relation to others.

What's important to me

These six things are you lifestyle values. They are the values that you resonate with and tend to live by/gravitate to In your daily life and interactions. They influence you pursuits ,as well as, friendships careers and relationship selections. When selecting friends partners & careers these six usually act as a blueprint of that ideal person or environment. They 80/20 Rule is best applied here...if you get 80% of what you want from this list you'd be open to compromising on the remaining 20% . If the compromise ratio is greater than that you may find that conflict, discontentment, boredom, & feelings of dissatisfaction are regularly present. These are usually ,however not always, things you value as an individual in relation to others...meaning if your core 3 are in tact you're more flexible here in your relationships.

What's not important to me

These 9 are your deal breakers and red flags. If these 9 things are important to a friend, partner, or company there will be a great deal of conflict and may require unfair compromises, on one or both sides, to maintain. Granted, I do believe everything is an opportunity to learn more about ourselves and others; as, the best arena to do so is found in the absence of who we are & what we're used to (comfort zone). However, such encounters shouldn't REQUIRE you to totally compromise who you are or what you value solely for the benefit of someone else. In the event this occurs you will find yourself questioning & demeaning your truth, worth, competency, and beliefs in favor of something totally out of alignment with yourself.

**an ideal partner will possess the same core values or some variation of values very important & important to you. ie. If Monogamy is very important to you...you wouldn't want to find this in your partners not important to me list.*

Love Yo Face! Princess India