

'yto - one'
Newsletter – October 2007

"It's not hard to make decisions when you know what your values are"
Roy Disney

Hi All Our Valued Friends, Partners, and Clients

October 2007

Welcome to our eleventh newsletter of 'yto - one'.

Theme for October – What do you stand for?

Welcome to October! Here we are, all fresh from our spring cleaning, Firstly, congratulations to those of you who, worked through what they were tolerating over September! I am curious if you are feeling lighter, with less baggage, and a sense of newfound freedom of energy. Now, with the start of a new month it is a perfect time now for us to look how discerning we are about our lives and the choices we are making. This month we look at values, and what we truly stand for, and how to know what our values are and to live from them!

What are "Values?"

Values are really what is important to us - they are what you esteem, what you give worth to. Your values determine where you spend your time, energy or money. Your values, whether you realize it or not, influence your daily choices and what's most important to you. Values are like flavors of ice cream – some like vanilla, some like chocolate, some like strawberry – they are very individual to each person. Your value system is unique to you.

How do we know what our Values are?

This is where things start to get really interesting. I am going to ask you one question:

"what's important to you?"

When you answer this (with a single word or short phrase), you are going to be revealing what your values are. Let's take an example, for myself if someone asked me that question, I would say something like this:

"Honesty, beauty, love, spirituality, harmony, compassion."

Now you know a lot more about me from looking at my list of values. They represent what has meaning for me in my life. So, they are my guiding principles of who I am and what I stand for in my life.

Why is it Important to Know what our Values are?

I remember when I learnt this it had a profound influence upon me. *Once you know your values your decisions become a lot easier.* For instance in the past where you may have wavered over decisions and become emotionally involved in them, once you know what your values are, your decisions become startlingly easy to make. All you need to ask yourself is if I make this decision am I following my highest values? Let's take an example, if honesty is one of your core values, and you are dealing with a situation when someone is being dishonest with you – it is very easy for you to make the decision to not deal with that person or to make them aware that you expect honesty in your relationship with that person. However, if you were not clear on your values, you may make excuses for the person, or excuses for why you are involved with that person yourself. As you can see from this example, values are like signposts for us on our journey of life.

Our Values Up Until Now May Have Been Largely Unconscious

Up until now our values may have been largely unconscious – i.e. we are not aware on a conscious level we are operating from them.

Where Do Our Values Come From

Our values come from many sources – often it is the conditions that you grew up with that gave you your first set of values – things like family, geographical conditions, economic times and cultural climate.

Karen Vella - Performance Consultant and Life Coach

address: PO Box 185 Essendon Vic, Australia, 3040 tel/fax: +61 3 9318 3711 mob: 0419 57 00 11

website: www.youretheone.com.au email: karen@youretheone.com.au

'yto - one'
Newsletter – October 2007

"It's not hard to make decisions when you know what your values are"
Roy Disney

Our Values Are Not Set In Stone

Something to note is that your values do not remain the same for the whole of your life. At different times of your life you will be operating from a different value system. That is why it is great to review your values on a regular basis. What you thought was once of paramount importance to you in your life may not be as high on your values list now.

What Have Values Got To Do With Motivation

Values provide upfront motivation. For instance if the value of love is on our Values list, then we are more inclined to be motivated towards giving and receiving love. If security is on our values list, then we are motivated to work hard, and sacrifice in order to achieve our financial goals. As you can see from these two examples, it is easy to be motivated up front because our values do motivate us from within.

Our Values Are Evaluation Filters

They are evaluation filters - they tell us how to feel about what we've done after the fact.

An Exercise in Getting to Your Values

1. On a piece of paper divide it into three columns and ask yourself the following question:

What's important to you in the context of.....?		
Relationships: (example below)	Career: (examples below)	Health: (examples below)
<i>Fidelity</i>	<i>Appreciation</i>	<i>Fit</i>
<i>Trust</i>	<i>Well Rewarded</i>	<i>Regular check-ups</i>
<i>Affection</i>	<i>Opportunities for Growth</i>	<i>Ideal weight</i>

Now that you have filled the list in, keep going until you reach two blank spots in your own mind, or to put it another way, two long pauses. Ask yourself there "is there anything else I can add to this list." Once you have gone beyond these two pauses, you can stop.

2. Now with your list of values, place them in order of importance. For instance you can ask yourself "is trust more important to me than affection" or "is fidelity more important to me than affection." Keep going until you have your list of values in order of importance.

3. Make a list of these values and laminate them and really start living by your values consciously until they become an unconscious decision. Or you may want to make affirmations for each of them. "I live by the value of truth" "I live by the value of trust."

4. Watch as your life becomes transformed. You will become more congruent – that is your words and actions become in alignment as you are willing to walk your talk and follow your own person value system.

5. Congratulations! Reap the rewards!

****Here is an example to make it easier for you – here are some "being" values. These are values that gain fulfillment through our attitudes, our mind-sets, the qualities of our character, through our emotions.** Example: Integrity, Joy, Love, Peace, Truth, Uniqueness, Loyalty, Empathy, Spirituality, Authenticity, Godliness, Be In The Flow, Energy, Etc **

You are now at The Threshold of a Very Important and Life Changing Moment

Congratulations! Now you know your core values and the order of your values, you will find that your decisions are now clear-cut. They are simply yes or no on your value system. You will find that your relationships start to change because people who have the same value systems are usually drawn to each other. Conversely, if your value system is different from your partners, family, friends, colleagues, company's value system, you may feel out of kilter with these people. You will also be aware of where you may need to make some changes with situations that are in longer in alignment with you are. So enjoy the revelations this month, and just like a warrior in the jungle of life, armed only with your sword of truth (your value system), you are clearing the way easily, decisively, and effortlessly. And beyond you is a new horizon! Can you see, feel, and hear the exciting possibilities! Outstanding! I look forward to connecting again soon!

Warmest Regards,

Karen Vella

yto Performance Consultant, Life Coach
yto Owner and Founder

Karen Vella - Performance Consultant and Life Coach

address: PO Box 185 Essendon Vic, Australia, 3040tel/fax: +61 3 9318 3711 mob: 0419 57 00 11

website: www.youretheone.com.au email: karen@youretheone.com.au