

Identify Your Values

Evolving to an increasingly authentic life is like any learning process: it starts with reflection. Pause and become self-aware of who you are and what are your values. And then make the choice to continually challenge yourself. You can compassionately counter your flawed beliefs until those patterns loosen their grip on you. Identify and celebrate each moment, however modest, that represents progress in your quest to decouple yourself from the crutches of robotic coping.

Review the following list of some commonly held values:

Authenticity	Gratitude	Optimism
Community	Honesty	Perseverance
Compassion	Humility	Realism
Complexity	Humor	Simplicity
Courage	Integrity	Spontaneity
Creativity	Kindness	Tenacity
Faith	Love	Thoughtfulness
Flexibility	Loyalty	Tolerance
Generosity	Open-Mindedness	Wisdom

1. Which do you think are most important? Select at least ten.
2. Highlight those that reflect who you are (your “real self”) and circle those that you want to become (your “ideal self”). How aligned are they?
3. Reflect on how your “ideal self” values show up in your life currently and how you could incorporate them even further. For example, if one of your values is perseverance, you might ask yourself how you are embodying that attribute. Maybe you could add a stepping stone to your weekly goals. What more could you do to live by this value?

