



## Positive Values

*By Lyn Carman*

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviour. Keep your behaviour positive because your behaviour becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.” Mahatma Gandhi

Thank you Gandhi! You have given us many a saying worthy of reflecting upon, I believe. And I begin this piece with this quote, as upon reflection, understanding how much values play out in our lives is of vital importance.

I was once asked to write down my top 5 values in life. I stumbled and wondered, what are my values? What is a value? What are values I wish to live by?

What do you value? What are your values? Are your work values a match for you? Are you living your values? Do you have shared values in your relationships – personal, work, business, family, life?

Definition of values – principles or standards of behaviour; one's judgement of what is important in life.

the regard that something is held to deserve; the importance, worth, or usefulness of something.

principles · moral principles ·

Your values are what you believe are important for the way you live and work. ... When what you do and the way you behave match your values, life is generally good – you are satisfied and content.

And so, it stands to be the opposite is also true. When what you do and the way you behave DON'T match your values, life is generally not good, there is conflict within, a dissatisfaction and discontent.

There are two kinds of values generally – authentic and aspirational core values, and sadly many of the lists of values floating around are aspirational values, values that an individual desperately wants to be true and yet are elusive and not lived.

In the below examples of individual and company values, we can begin to understand how, when an individual or a company is aligned and behaving in accordance with their stated values there is congruence and authenticity. When the values appear aspirational and they may not be living or behaving in alignment with the stated values there is an incongruence, disconnection and a maybe even a level of distrust.

Gandhi	Truth, Non-violence, Harmony, Morality and Simplicity
Oprah Winfrey	Courage, Perseverance, Generosity, Progress, Sincerity
Stephen Hawking	Perseverance, Gratitude, Generosity, Goodness
Lego	Imagination, Creativity, Fun, Learning, Caring, Quality
Rio Tinto	Respect, Integrity, Teamwork, Accountability

How many of us know, and live our values I wonder? Or do we simply borrow someone else’s values and wander through each day, wishing, hoping, and praying things would be better, different, or for us to feel more connected to self and others.

What are your current values, based on what you are experiencing in life right now? This is a question which can begin to elicit the authentic values you are living, whether you like it or not.

If you say one of your values is ‘growth’, yet you are living life doing the same thing each day, eating the same food, saying the same words, doing the same job, watching the same TV programs, listening to the same opinions then ‘growth’ is an aspirational value that you would like to live yet are not. Your current authentic value based on what you are experiencing may be ‘stagnation’.

If you value adventure, for example, and your parents or others allow you to feel pressured into making “safe” choices like a secure office career and a settled home life you will probably feel stifled. Perhaps a career that takes you travelling, owning your own business, or other opportunities for risk and adventure may be have you feeling stimulated and excited.

On the other hand, if you value security, the opposite applies. What some people would view as a “dream” opportunity to travel the world and be your own boss may leave you feeling insecure and craving a more settled existence. Eliciting and defining your personal values and then living by them can help you to feel more fulfilled and to make choices that make you happy, even if they do not make sense to other people.

Values for different areas of life can vary greatly and overlap. For example, my business/work values are self-trust, grit and determination, leadership, success/benchmarks, growth, and connection. Growth and connection are also personal values for me, yet grit and determination, and success/benchmarks are not. I have my values written up and I remind myself often to reflect and consider if I am consistently living them.

When I feel discontent I usually find I am not living my values as stated. If I am procrastinating in an area I know will bring growth I can quite often reflect on not living, what is important to me - self-trust. I can then take action, to be coached or find a resource within to support me to live my value of self-trust. The impact of not living our values can have a ripple effect through how we are experiencing life and as Gandhi says "your values become your destiny"

Below is a list of just 50 values, begin to distil what is non-negotiable for you and what is most important in life for the behaviours that motivate us and guide our decisions. Values elicitation and installations are a process that can have a powerful impact on your life and with the guidance of a coach can discuss the results you DO wish to have in your life, set clear and specific goals and then elicit the values that you will need to focus your energies on to obtain those outcomes/goals, for personal, family, business and/or career.

Share them with the people you spend time with and most importantly live them.

Authenticity	Faith	Pleasure
Achievement	Friendships	Poise
Adventure	Fun	Recognition
Authority	Growth	Religion
Autonomy	Happiness	Reputation
Balance	Humor	Respect
Beauty	Influence	Responsibility
Boldness	Inner Harmony	Security
Calm	Justice	Self-Respect
Certainty	Kindness	Service
Compassion	Knowledge	Spirituality
Challenge	Leadership	Stability
Collaboration	Learning	Strategic
Community	Love	Thinking
Competency	Meaningful Work	Success
Contribution	Openness	Tenacity
Creativity	Optimism	Wealth
Curiosity	Organisation	Wisdom
Determination	Persistence	
Fairness	Playfulness	

