

Timeless Transformations

Determining Your Core Values

This past week I went through the exercise of realigning my core values. Now that your Dad has retired and we have Dahl, our family dynamics have changed. Plus, I had a big chunk of time since I was away at the conference. It was a great time to reassess my life and what I value. There's nothing better than being in a quiet place that is outside of your home without any disturbances to tackle an exercise like **determining your core values**.

I went back and counted the number of times that I have talked about values in my Sunday inspirations. Guess how many times? 106 times. Specifically in two inspirations, I talked about [Be Transformed by the Renewing of Your Mind](#) (January 15, 2017) and [Living on Purpose](#) (April 17, 2016).

Defining your core values for the first time and also realigning your core values is hard work. Most people never take time to do it. For me it's easier if the process is automated. I had previously referenced [John Demartini's work in determining your values](#). He is known as a renowned leader in how to figure out what you value. If you click [here](#) and sign up, he will walk you through the process of asking 13 questions to help you honestly look at what your life demonstrates as truly important to you. He then steps you through the process of color coding your answers. From the colors, you name personal categories and group your answers and those become your top values. It's pretty cool!

Until we know our top 5 or 6 values, we are living by someone else's values. We can't transform our lives until we know what our values are. The core in everything we do is knowing the core of our top values. It is there we can build a future for ourselves. If we don't know our values our lives are most likely in a state of chaos. Knowing your values is the work of living life at its best. The top six categories from my value determination results are: Inspiration, Wellness, Family Relationships, Career Success, Fun and Future Generations. I took John Martini's work to the next level and found mental images that help me focus on what I value. Creating a vision is to form a mold in your mind that is a mental impress. Our minds will only create the mold that we give it. An image will direct our thoughts and bring focus to our mind better than anything else.



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You may remember at one time I had a vision board in my office upstairs. I had that wooden divider in a corner and behind it I had my goals and favorite quotes. I had visions of everything I wanted to achieve. Much of it was centered on you three. I don't have that anymore because I moved everything into a more automated way that works for me now. Five years from now I may come up with a better way to help me set my values and direct my life but that worked for me at that time. I believe our visions, intentions, and values must always be flexible. At the heart of what's important, it's about becoming more and being the very best we can be. It is there that we can set our vision by asking this one question based on what we value: *What do you want to become?*

Once we have our values and vision, then what do we do? It can't stop there. We must create our why. Our vision is only words and ideas. We have to add the passion! We can add passion by adding the why. There are two great books on creating your why: [Know Your Why](#) and [Start With Why](#). I haven't read either of these books but they are on my future reading list. You don't have to read these books to go through each of your values and ask yourself why. Why is inspiration important? Why is wellness a priority? Why do I value family relationships? Why am I concerned about career success? Why is fun so valuable? Why do I care about future generations? If I can't give at least 10 whys to each value and clearly articulate why each value supports me, then my life will probably not flow in the direction of my dreams. Without the whys there won't be any passion in my thoughts and actions. There won't be any essence in my vision. So to support my values, I have 60 whys: 10 for each value. That's a lot of whys! Trust me, going through the process is transformational.

Everything else flows from our values: our vision and our whys. Then it's easy to take action. We just take one step in the direction of our dream every day. It's that simple. I believe most people don't follow through on their goals because their dream is so big, they don't have a strategy about how to get there. Taking action in small steps helps us break down our dreams into goals so we can see that anything is possible. At first it may be a stretch but by accomplishing small steps, we reinforce our dream and are motivated to take the next step.

Your values are your values. No one else's. Also, you can't let anyone else care about your results. Your results are your results. No one else has any power over you. You don't have power over anyone else. We can be caring and supportive of another as they move towards their dreams but the only one you can care about is you. You can be loving, caring, and supportive of another as they become whoever they want based on their values. Sometimes we care so much about another's results, we get invested in their results and we become unhappy when they are not getting their results and guess what? We become unhappy because no one will live up to our expectations. Others are going to live up to their own expectation based on what they value, regardless if they have gone through the process of determining what their values are. Each of us are 100% responsible for our own life based on our personal values. This is the only framework that can shift our lives.

Once we are clear about what our values are, we have to be committed to live our values 100% of the time. If you are 100% committed to your values then you will be doing your very best in every moment. That is what 100% committed is; 100% is all there is. It is when you are giving everything and you have no more to give. That is the greatest commitment that you can give to yourself is to give 100%.

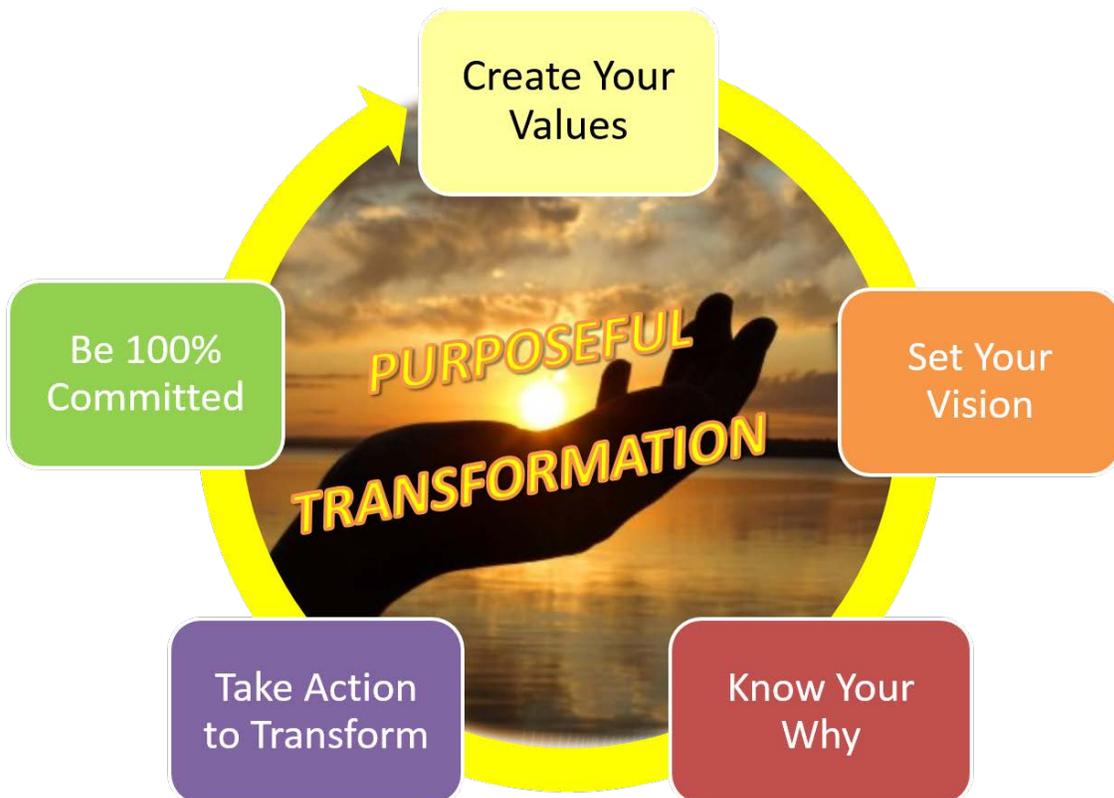
This is where the power of decision comes in. Others may want you to fit in to their values. They may want you to fit into their mold of what success means to them. Everyone has their own image of who they want to be. When someone wants to give you feedback or advice, they are coming from their

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unique values, not from yours. So when you hear feedback, ask will that serve me as I express my values to a higher degree. If it does, accept the feedback. If not just listen and move on. You don't have to tell anyone who you are and what you value. We just have to make sure we are in 100% alignment with what we value.

You may be reading this and saying, I don't agree with Mom. She's a kook. I surely hope not but if you are, just know my intentions are in the spirit of pure love and wanting to do everything in my power to pass on inspiration that I know to be true for me. If I don't do this for you, who else will?

I've captured all of my main points in this inspiration in the following graphic. I hope you can start here and be all that you can be each and every day. For me, all of my whys in what I value are centered on our family!



I believe at the core of who we are, we are meant to succeed. The universal laws of New Thought set us up for success if we apply the teachings. I believe we all have more power than we can imagine. If we don't use the power then we don't care if we achieve our dreams and work towards our vision. That is where regret comes in. I believe we are hard wired in our DNA to be all that we can be. We all want to evolve and be more. That is what I call personal transformation!

The number of whys in why I love you are boundless: simply put, you are my why – Love Mom!