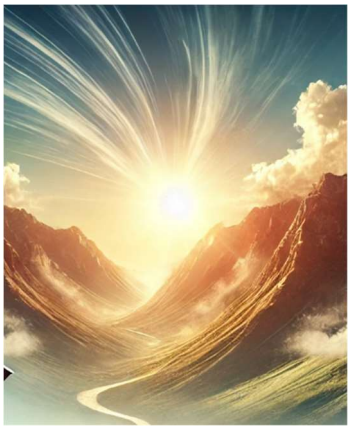
What Lights You Up !!



- What Excites and Inspires You ?
- Music ? Your Family ? Dance ? Football ? Nature ? Singing ?
- What Do You Love to Do ?
- What Would You Do if You had all the Money You Needed ?

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Your Identity Defined By Values.

Clarity of your own Values is a foundation for Personal Effectiveness or Power. Clarifying your VALUES helps to understand your UNIQUE IDENTITY, for an understanding of your unique contribution to self and society. Know your IDENTITY before trying to fit into other peoples (or employers) ROLES. Know yourself ! .... Who are you?

One way people are unique is by placing different emphasis on different values.

Values are a means to know the truth about ourselves. Your values define your uniqueness, and your special gifts.

The following is provided as a tool to help you identify and clarify your values. Select your 5-10 most important values. Rank the Importance you place on a value on a scale of 1-10, with 10 being the most important. Then rank your Behaviour (ie how well you live to your values from 1-10). Under action step, list what you can do to bring your values & your behaviour more into alignment.

Values suggestions

Abundance attitude, Achievement, Action, Adventure, Aesthetics, Affection, Altruism, Appearance, Arts (Music, Painting etc), Authority, Autonomy, Balance, Beauty, Career/ Employment, Challenge, Community, Commitment, Compassion, Connection, Control, Creativity, Detachment, Environment, Excitement, Family, Freedom, Giving, Home, Honesty, Health - Body, Health - Mind, Independence, Inspiration, Integrity, Interdependency, Intelligence, Intimacy, Learning, Leisure time, Lifestyle, Love, Loyalty, Meaning, Money, Openness, Order, Nature, Peace, Personal Growth, Pleasure, Play, Power - Others , Power - personal, Presence, Privacy/solitude, Purity, Recognition, Relationships, Religion, Risk taking, Security, Service, Sharing, ocialising, Spirituality, Status, Surrender, Team, Trust, Truth, Unconditional, Wisdom, and all your unique and special things you value

Value	Importance	Your Behavior	Action Step

Values Are A Means To Know The Truth… About Ourselves

Recognizing distinctions is on the path to Mastery of our lives.

If the results of the exercise show your behaviour is out of balance with your values, this is a sign that prior conditioning may be governing your actions. ie Your actions are based on what other people or influences helped set this conditioned behaviour, rather than on your own true and unique set of values.

Values may be conditioned too - it is important to keep reaching into yourself, to find your Truth.

This is also a test of your integrity …. Your one-ness

Remember - Changing your behaviour - will change your results!

"For things to change, First I must change"

From a foundation of clear values, your unique identity becomes clearer, and clearer Objectives or Life Purpose, and subsequent Plan of Action for the future can be made and achieved.

Ignore the Truth, and be a prisoner of your own lifelong conditioning, or

"Know the Truth, and the Truth will set you Free"

Humans have choice.

Are you committing a balanced amount of time to what is really valuable to you?

The above is an excert from my book **Creation Journeys**

Available here - https://products.spiritsafaris.com/creation-journeys-ebook