

DEFINING YOUR VALUES

HOW TO LIVE A HAPPY LIFE

CORE VALUES- DEFINED

Core values are the qualities that have intrinsic worth for individual. When behavior is aligned with their most deeply held values, our actions are desirable and worthy of esteem for their own sake.

VALUES

EXPERIENCING:

VALUES THAT ARE FULFILLED THROUGH WHAT YOU EXPERIENCE, WHAT COMES TO YOU AND HOW YOU RESPOND, ACTING ON THE WORLD OUTSIDE OF YOU, AND ACHIEVING.

EXAMPLES OF EXPERIENCING:

DISCOVERING, QUESTIONING, CATALYZING, ACHIEVING MASTERY OUR EXCELLENCE, TEACHING, ENTERTAINING, MINISTERING, COMMUNICATING, APPRECIATING WHAT IS, PLAYING SPORTS, JOIN WITH OTHERS, INSPIRING OTHERS, LEADING OTHERS, SHOWING EXPERTISE, SENSING FULLY, PARTICIPATING, EXPLORING, GUIDING, NURTURING, BEING A MODEL, DANCING, EXPERIENCING PLEASURE, DOING AND ACTING WITH SPEED. 70%

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CREATING:

CREATING: VALUES THAT ARE FULFILLED THROUGH YOU WHAT WE BRING INTO EXISTENCE THROUGH OUR UNIQUE SELVES.

EXAMPLES OF CREATING:

CLARIFYING, BEAUTIFYING, INNOVATING, ORDERING, CREATING, GENERATING SYMMETRY, IDEAS, DISCIPLINE, NOVELTY, ORIGINALITY, INTUITION, DESIGNING, PLAYING AND ARCHITECTING.

BEING:

BEING: VALUES THAT ARE FULFILLED THROUGH OUR ATTITUDES, MINDSETS, EMOTIONS AND THE QUALITIES OF OUR CHARACTER.

EXAMPLES OF BEING:

INTEGRITY, JOY, LOVE, PEACE, TRUTH, UNIQUENESS, LOYALTY, EMPATHY, SPIRITUALITY, AUTHENTICITY, GODLINESS, FLOW, TRANSCENDENCE, UNITY AND ENERGY.