



C1: Find creative ways of fulfilling your valued goals

VALUES

What are Values?

Your personal code of values are what is important to you; not something that you want or would like to have, but something you literally need in your life to be happy. A value is a principle or quality intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs and your ethics rolled into one. Your personal code of values may be identical to your family's values. Or they may be dramatically different.

The Importance of Values

Living in agreement with one's values is fulfilling. Living in conflict with one's values is stressful and dissatisfying. That is why it is so important to clearly understand your own personal code of values; your happiness depends on upon not only knowing your values, but living in accordance with them.

Be Stress Free

Stress does not result from hard work, long hours, or multiple roles in life. Stress results from values conflict. When put in a situation where you are unable to honour a value, you will feel stressed out. No amount of relaxation, meditation or exercise will eliminate the stress until the values conflict is resolved.

The Right Values

It's important that we separate society, culture, and family values from our individual sets of values. Values are not about right and wrong as a broad cultural construct, but about what is right and wrong for you as an individual, given who you are and what you want in your life. What you truly value is by definition – right for you. What you value may not be right for those close to you and may be a source of disagreement and dissatisfaction if others attempt to enforce their code of values on you.