



# The Values Defining Process



These questions are used to define your core values. These core values define all the decisions you make in life. Once understanding our core values it becomes much easier to:

- o Create a life that truly fits our values and therefore satisfies all of our being
- o Illuminate actions we take that do not properly satisfy all of our values, therefore eventually making us unsatisfied with life because we need to satisfy all our values in a year
- o Overcome addictions and unhealthy choices because we can clearly see which value they satisfy, creating a logical understanding of the addiction
- o Have powerful NLP words to use as we motivate you to wholesome actions by stimulating strong neural pathways linked to the values

Please answer these questions with the first 3-10 things that come to mind.

- 1) What do you do everyday?
- 2) What do you do most days?
- 3) What do you do every week?
- 4) What do you do every month?
- 5) What do you do every year?

If you have already put an action you do in every day then you should not need to write the same action again in most days. If you have already put an action you do in most days then you should not need to write the same action again in every week, etc.

Small abbreviated example of this step is written below.

- 1) What do you do everyday?
  - Brush my teeth
  - Drink Water
  - Talk with my wife
  - Write or talk to people in need of my advice
- 2) What do you do most days?
  - Meditate and Exercise
  - Eat porridge
  - Make love
  - Work on projects that help people
- 3) What do you do every week?
- 4) What do you do every month?
  - Talk to my mother or family
  - Adventure in nature and explore the unknown
- 5) What do you do every year?

The next step after the actions have been written down is to define the core values by using an enquiry process. Behind every action in life there is a core value that you are satisfying. Spend some time to ask yourself why you do that action. Often you will get an answer and then have to ask again, why do I do that, or why is that important to me. If you continue to ask why from many angles, you will eventually arrive at a core value. If you are having trouble with this task then we can do it together and I can help to question you.

Example is written below.

## 6) What do you do everyday?

*Brush my teeth: because i like clean teeth. WHY? Because bacteria are bad for my health. Also because I like to kiss and my girlfriend does not like to kiss me if I have not brushed. WHY IS YOUR HEALTH IMPORTANT TO YOU? WHY DO YOU LIKE TO KISS YOUR GIRLFRIEND? My health is part of my image to the world and my ability to guide others. I truly enjoy spending time connecting with my lover in a sensual way. From the simple act of brushing teeth we have discovered a value for guiding others and a value for sensual connection.*

This process of self-reflection is a powerful way to know yourself better and live a purposeful life.

If you would like to take this process to the next step, during a private consultation we can define your top values and illuminate their priority order which guides your life.

