

Values: Your Core Beliefs that Guide and Motivate Attitudes and Actions

Regardless of the means by which you select your values, it is also important to draft a definition for each; you need to know how you view these values. The following are some examples:

<p>Acceptance Favorable reception or belief in something</p> <p>Accomplishment Doing or finishing something successfully</p> <p>Accountability Obligation or willingness to accept responsibility</p> <p>Adventurousness Inclination to undertake new and daring enterprises</p> <p>Ambition An eager or strong desire to achieve something</p> <p>Appreciation Recognizing the quality, value or significance of people and things</p> <p>Authenticity The quality or condition of being trustworthy or genuine</p> <p>Caring Feeling and exhibiting concern and empathy for others</p> <p>Charity Generosity toward others or toward humanity</p> <p>Commitment Being bound emotionally or intellectually to a course of action or to another person or persons</p> <p>Compassion Deep awareness of the suffering of others coupled with the wish to relieve it</p> <p>Competence The state or quality of being adequately or well qualified</p> <p>Competitive To strive to do something better than someone else</p> <p>Courage The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with confidence and resolution</p> <p>Courtesy</p>	<p>Generosity Liberality in giving or willingness to give</p> <p>Giving Voluntarily transferring knowledge or property without receiving value in return</p> <p>Gratitude A feeling of thankfulness and appreciation</p> <p>Honor Principled uprightness of character; personal integrity</p> <p>Hope The feeling that something desired can be had or will happen</p> <p>Joy Intense or exultant happiness</p> <p>Justice Conformity to moral rightness in action or attitude</p> <p>Kindness The quality or state of being beneficent</p> <p>Law-abiding Abiding by the encoded rules of society</p> <p>Love A feeling of intense desire and attraction toward a person or idea</p> <p>Loyalty A feeling or attitude of devotion, attachment and affection.</p> <p>Optimism A bright, hopeful view and expectation of the best possible outcome</p> <p>Patience The ability to accept delay, suffering, or annoyance without complaint or anger</p> <p>Peace Freedom from war or violence</p> <p>Recognition An acceptance as true or valid</p>
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<p>Civility; consideration for others</p> <p>Credibility The quality or power to elicit belief</p> <p>Determination Firmness of will, strength, purpose of character</p> <p>Empathy Identification with and understanding of another's situation, feelings, and motives.</p> <p>Encouragement The act of incitement to action or to practice</p> <p>Equality The right of different groups of people to receive the same treatment</p> <p>Excellence State of possessing good qualities in an eminent degree</p> <p>Faith Confident belief in the truth, value, or trustworthiness of a person, idea, or thing</p> <p>Forgiveness The willingness to stop blaming or being angry with someone</p> <p>Fortitude The strength or firmness of mind that enables a person to face danger, pain or despondency with stoic resolve</p> <p>Friendship A relationship between people based on mutual esteem and goodwill</p>	<p>Reconciliation Enabling two people or groups adjust the way they think about divergent ideas or positions so they can accept both</p> <p>Reliability Consistent performance upon which you can depend or trust</p> <p>Resourcefulness The ability to act effectively or imaginatively, especially in difficult situations</p> <p>Respect Polite attitude shown toward someone or something that you consider important</p> <p>Responsibility That for which someone is responsible or answerable</p> <p>Righteousness The state of being morally upright; without guilt or sin</p> <p>Sacrifice To give up something for something else considered more important</p> <p>Self-control Control of personal emotions, desires, or actions by one's own will</p> <p>Self-discipline Making yourself do things when you should, even if you do not want to do them</p> <p>Sensitivity Awareness of the needs and emotions of others</p> <p>Serenity Calmness of mind and evenness of temper</p> <p>Wisdom The ability to make good judgments based on what you have learned from your experience</p>
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Values are the emotional states that we believe are important to either experience or avoid.

- 1. Toward values**
- 2. Away Values**

Anything we do is an attempt to meet one of our NEEDS!

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Beliefs: a state or habit of mind in which trust or confidence is placed in some person or thing.

Two Types of Beliefs:

- 1. Universal Beliefs....** Ex: Life is... Ex: People are... Ex: I am... (Becomes your identity)
- 2. Rules...** Ex: If...Then Ex: If I had more money....Then everything would be alright.

Assignments:

- 1. Identify 3 Limiting Beliefs** that have been producing unwanted or negative consequences for you experienced as a result of this belief. **Write 3 Limiting Beliefs and at least 5 Consequences for each.**

Example:

Limiting Belief: I am not enough.

Consequences: I don't try. I make excuses for not trying. I get angry with myself. I am never satisfied. Life is miserable. I don't feel worthy..... etc.

- 2. Rewrite your Old Limiting Belief and then cross it out and write 3 New Empowering Beliefs and write the TRUTH is....**

Example:

Limiting Belief: ~~I am not enough.~~_____

Empowering Belief: The truth is I am more than enough and I don't need to do anything to feel that way. The truth is I have used it as an excuse not to do things. The truth is it is ridiculous to get angry at myself for being human. The truth is being a perfectionist is the lowest standard any person can have. The truth is all I need is within me now.