



“Turning Possibilities into Realities”

2011 “WINNING FOR SEYCHELLES”

The Power of Personal Values

Getting to Know Them



What is a Value?

A value is a belief, a mission, or a philosophy that is meaningful.

Whether we are consciously aware of them or not, every individual has a core set of personal values. Values can range from the commonplace, such as the belief in hard work and punctuality, to the more psychological, such as self-reliance, concern for others, and harmony of purpose.

*My values, our values, aren't about pointing fingers.
They are about offering a helping hand.*

Kathleen Blanco

Governor of the State of Louisiana 2004 -2008 (Hurricane Katrina)

Advanced Thoughts on Values

The Energizer

Values are *psychological* objects. Although we cannot see or touch them, they are every bit as real as any physical object. People may dedicate their entire lives or even give up their lives to pursue their values, as so many loyal patriots have done fighting for values of freedom, equality and human rights during the past two centuries.

The key point to keep in mind about values is that implementing them *energizes* everything concerned with it.

For an individual, committing to and applying values releases fresh energies, which always attract success, achievement, and well-being. Likewise, when companies or other institutions adopt values, individuals working at the organisation become energized, as do its customers, its products and services, and everyone and everything else associated with that organisation.

Below is a *check list* of important personal values culled from years of observing individual achievement and success.

Common Personal Values

Accomplishment
Accountability
Accuracy
Adventure
All for one & one for all
Beauty
Calm, quietude, peace
Challenge
Change
Charity
Cleanliness, orderliness
Collaboration
Commitment
Communication
Community
Competence
Competition
Concern for others
Connection
Content over form
Continuous improvement
Cooperation
Coordination
Creativity
Customer satisfaction
Decisiveness
Determination
Delight of being, joy
Democracy
Discipline
Discovery
Diversity
Dynamism
Ease of Use

Efficiency
Enjoyment
Equality
Excellence
Fairness
Faith
Faithfulness
Family
Family feeling
Flair
Freedom, Liberty
Friendship
Fun
Generosity
Gentleness
Global view
Goodwill
Goodness
Gratitude
Hard work
Happiness
Harmony
Health
Honour
Human-centered
Improvement
Independence
Individuality
Inner peace, calm
Innovation
Integrity
Intelligence
Intensity
Justice

Kindness
Knowledge
Leadership
Love, Romance
Loyalty
Maximum utilization
(of time, resources)
Meaning
Merit
Money
Oneness
Openness
Other's point of view,
inputs
Patriotism
Peace, Non-violence
Perfection
Personal Growth
Perseverance
Pleasure
Power
Practicality
Preservation
Privacy
Progress
Prosperity, Wealth
Punctuality
Quality of work
Quietude
Regularity
Reliability
Resourcefulness
Respect for others
Responsiveness

Results-oriented
Rule of Law
Safety
Satisfying others
Security
Self-givingness
Self-reliance
Self-thinking
Sensitivity
Service
(to others, society)
Simplicity
Skill
Solving Problems
Speed
Spirit, Spirituality in life
Stability
Standardization
Status
Strength
Succeed; A will to-
Success, Achievement
Systemization
Teamwork
Timeliness
Tolerance
Tradition
Tranquillity
Trust
Truth
Unity
Variety
Well-being
Wisdom

Example Values... some thoughts on several of the more interesting personal values:

Simplicity

In this time of great complexity and hurry, there is no more important personal value than "simplicity." Taking the time to simplify anything that is overly complex is a very helpful skill in these rapidly accelerating times. Simplifying a work not only streamlines it, but make it more effective and productive, leading to greater results when compared to its former complex arrangement.

Strategies:

☑ Take any important work or project in your life and come up with at least two ways to simplify it. ☑ Develop a half dozen ways to simplify your life.

Harmony

Harmony is the coming together of disparate elements for common purpose. It is the moving together of varied or opposing forces, so that they emerge in a higher truth that all can benefit from (not merely a compromised truth). The value of Teamwork is one variation of the value of Harmony, as is the value of Organisation. Harmony is such noble and elevated a value that it can be considered a **spiritual** value.

We know the expression "don't judge a book by its cover". It means that is what is inside that is important, not the superficial surface. This expresses in a variety of ways in life. For example, any serious person will judge the truer, deeper meaning of a thing, rather than merely its outer form. A tendency to react to the outer aspect and not its intrinsic value prevents one from getting at the heart, the inherent truth of the matter, taking one away from the full knowledge that would have led to right decisions and actions, and thus great accomplishment and success in life.

Strategies:

☑ Consider various circumstances in your life where the outer or surface form is more important to you than its intrinsic content and value. ☑ Adjust your attitudes and beliefs accordingly.

Concern for Others

Perhaps the single most powerful way to succeed in life is to have more concern for our fellow human beings. Normally, we are overwhelmingly concerned about our own selves, driven by our own personal motives and ambitions. However, the happiest people literally lose themselves in the feelings, thoughts, and aspirations of others.

Are you ready to "forget yourself" and be genuinely interested in the welfare of others? Are you willing to be tolerant and kind to others, listen attentively and silently to their words, be non-judgmental, and open to their opinions and points of view? If you are, you're an excellent candidate for great success in life, not to mention an ever-increasing personal happiness and joy.

Strategies:

☑ Try a little experiment. When you meet with others, immediately put yourself in their shoes. Think only of what they want. ☑ Listen carefully to their thoughts and feelings, and show genuine concern and empathy. ☑ Do this for the entire meeting. ☑ Now watch how the interaction goes. ☑ Watch how the energy level of the other person increases. ☑ The other individual becomes more animated and involved.

☑ In addition, if you watch closely, you may notice some interesting things starting to happen. ☑ An unthought of point of view or perspective may be raised in the conversation. ☑ New ideas or fresh new insights are suddenly revealed. Or, a new interesting idea, project or event might suddenly come out of the discussion. ☑ This all happens because you have shifted your concern toward the other person.

Practicality

Often people with great talent, artistic temperament, or other qualities fail to achieve because they are not practical in their thoughts and deeds. For example, when important opportunities come their way, they shun them; or they have a prejudiced view about the value of money, i.e. they shun it. Any attempt on one's part to be more practical will rapidly catapult one from one's current status towards the pinnacle of success.

Strategies:

☑ List two to four ways you have been or are impractical in life. ☑ Now make an effort to improve your ways. ☑ Keep reaffirming your new approach till it becomes part of your being. ☑ If you are not sure if and how you are impractical, why not be brave and ask those who are looking out for your best interests for their opinions.

Integrity, Honesty

Sometimes people don't say what they mean in order to hide something, protect themselves or someone else, or simply because they are trying to deceive in order to gain from circumstance. Do you have any of these traits? If so, why (i.e. where do they come from)? What can you do to overcome these tendencies?

Results-Oriented

Some people do their work to keep busy, occupied, entertained or otherwise pass the time. A key to success and achievement in life is to insure that the activities you are engaged leads to a constructive, **useful purpose**. Those who value real results from actions they take make far greater use of their time, leading to higher levels of success and achievement in life.

Hard Work

It is universally agreed that hard work is one of the keys to success in life and work. Without it, few can succeed. A person may not be hard working for a number of reasons -- the influence of parents, a lack of energy, a lack of motivation, a bad experience, pure laziness, etc. Consider why you may not be hard working, and then make a determined effort to change the behaviour. Keep up the effort over time. Watch how life continually blossoms with **good fortune!**

Continuous

Improvement/Progress

One of the most interesting values in life is one's innate desire for continuous improvement. Both individuals and organisations, such as a business, can adopt this value. For example, continuous improvement for an individual might, can come in the form of a continuous urge to increase one's knowledge and skills in an area, a desire to improve one's attitudes and temperament, or a desire to do things better or get the best out of things.

Respect for the Individual

One of the most significant personal values is to look on every person as a special, unique individual. This form of deep respect for each person has the power of generating good will, great happiness, and great achievement

SELF-ANALYSIS:

Now review the list above and consider which one or two new values you would like to implement in your life. Now think about the specific ways you can implement them. Then come up with a detailed action plan (using specific dates for action) to implement the values in your life. Make sure you review your plan down the line to evaluate the progress you are making so far.

Make your values, including, your new values, the cornerstone of your life. Contemplate them deeply and see that they fill all aspects of your life and being.

Spiritualised Human Values

Tolerance, openness, respect for the individual, and teamwork are several great *human* values, while Oneness, Love, Beauty, and Truth are some of higher *spiritual* values that they derive from. At certain points, the human and spiritual values come together and blend into one another, expressing through *spiritualized human values* such as selflessness, self-givingness, and gratitude.

Values are expressions of emotionalized truths that when implemented energize whatever they come in contact with, enabling the greatest positive results with the least effort in the shortest period of time -- whether it is for the individual, a collective, or society as a whole.

Values are the nexus to our future progress. It is the call of the Divine to the minds of men to seek a better life -- to pursue ultimate delight and fulfilment in life.