

Day 5 – On the ridge

Course: The Find What Life Is About Course

Date: 5 December 2019

Doc.No: 201911365D05

(Re)discover your values, part 2

We continue our journey to the summit of the mountain, but before we get there we'll have to hike along a ridge.

It's been quite a hike to get there, but the view is quite astonishing. You can literally see into not one, but two valleys. Both lined with beautiful and sometimes quite imposing mountains as far as the eye can see. Behind those mountains you can see even more mountains.

As you take in the view, you realise that the further we come in our (virtual) mountain trek, the more clarity you gain.

So let's continue where you left off yesterday.

The common thread in your (childhood) heroes and dream jobs

Go back to your lists of heroes / role models and dream jobs.

You went over each your heroes and thought about what about them made them your heroes, your role models.

You looked at your list of dream jobs and thought about what about those made them dream jobs for you.

Now I want you to go over all those characteristics you mentioned and categorise them.

When you go back to the example I gave in yesterday's notes you'll see that all my role models had sovereignty. All of them were determined, principled rule breakers.

When you look at the examples of dream jobs you'll notice that two of them had the outdoors and animals / nature in common.

Looking at all the characteristics you listed for your heroes and jobs, you'll find that certain things keep coming back. Or that you're using different words for similar things.

Go through your list and try to bring it back to 3 – 5 categories. Then find a label for each of those categories that accurately describes all the characteristics in a particular category.

Each label, each category represents one of your core values. You can use table 1 for this part.

Then move on to table 2 and give a brief description for each of your core values.

After all a core value is more than just a word. It is deep and meaningful to you.

A description expresses gives expression to that meaning. Descriptions of your core values also makes it easier for you to explain to others why it is important for you to live in alignment with them. And there will be times when you will feel the need to explain that.



Table 1 - The common thread

Category 1 Label: _____	Category 2 Label: _____	Category 3 Label: _____	Category 4 Label: _____	Category 5 Label: _____
<i>For example: Integrity</i>				
<i>Honest principled trustworthy</i>				

Table 2 - What your core value means to you

My core value	Description
<i>For example: Integrity</i>	<i>To be honest, stand by my principles and to be trustworthy</i>

