

Day 4 – Along the mountain stream (1/2)

Course: Climb Your Mountain

Date: 11 June 2021

Doc.No: 202106103VID04 – part 1

(Re)discover your values

We're well on our way in our virtual mountain trek by now.

So far you've unpacked what stressors you brought along that made you feel so uncomfortable as we started out from the trailhead.

You then analysed how these stressors were connected to roles and beliefs in your life.

Taking a close look at the how and why of those roles and beliefs you decided which you will let go of, which you will return to the people they actually belong to and which you will continue to hold on to as you move forward in your life.

On day 3 you picked an object or objects that represent stressors, roles and/or beliefs that in the future will no longer be part of your life. I explained a ritual that you can use to honour those stressors, roles and beliefs that you will eventually let go of.

When you do that is – of course – entirely up to you. You can do that at any moment during this series or at some time further in the future. As long as you remember that it is important to also honour the good the things you're letting go of have brought you.

Today we take steps towards (re)connecting with or (re)discovering your values.

To know what your life is truly important to you it is important to know your values.

What are values

Values, especially core values, form the foundation of a well lived life

They are like fence posts of a solidly built fence. When we live out of alignment with our values the fence posts are anything but solid and it becomes very easy to push the fence i.e. us over.

When over time you've taken on stressors, roles and beliefs that no longer serve you

When because of it you're frequently frustrated, angry, resentful or generally feeling negative towards people, situations, etc. ...

You more than likely have been living more and more out alignment with your values – more importantly out of alignment with your core values.

3-5 Core values

When it comes to core values, less is more. Typically someone has 3 to 5 core values.

You probably have more, somewhat less important values as well. These may even change over the course of your lifetime. Simply because your life circumstances change.

You go to a new school.



You start working for a different company.

You marry and become part of a different family.

You move to a different city or country.

All these changing circumstances influence your values.

You can even consciously decide to change some values or add new ones into the mix.

For example: after years of caring for others and not for yourself, you decide to make self-care (which is more than glasses of wine and bubble baths by the way) one of your values.

Or after years of neglecting your physical health and a stern warning from your GP/physician you decide to make physical health an important value.

However, your core values usually stay the same for most of your life. You may at some point or points in time decide to change the order of importance of them, but generally your core values stay with you.

In essence knowing your (core) values help you

- Focus on the things that are truly important and eliminate those things that are merely clutter
- Define your vision / purpose i.e. what your life is about because they are at the core of it
- Stay the course in difficult situations i.e. when difficult decisions must be made

Adapt or get out

When there is mis-alignment between your values and your reality, you have 2 choices:

1. Adapt the situation

Health is a big value for you, but you've been eating a ton of junk food. You can adapt the situation by phasing out the junk food and start eating healthy again.

2. Remove yourself from the situation and start over

You find yourself working for a company where you're constantly asked to break industry rules to accommodate clients while 'honesty' is an important value for you. Nothing changes when you speak up which might ultimately lead to you choosing to find a new job.

This has basically been the process of the last couple of days.

By deciding which stressors, roles and beliefs will no longer be part of your 'mental gear', you are either adapting or removing yourself from the situation.

Finding your values (again)

On the following pages you'll find 2 exercises to help you (re)discover your values, but more importantly your core values.

They may seem a bit trivial, maybe even a bit childish, but I promise when we go over your results, you will know what to you is really important

What the foundation is for what your life is truly important to you.



Let your inner child come out

Your (childhood) heroes

Who were your childhood heroes? Or who are your current heroes / role models? What about them makes them so?

List a minimum of 3 and a maximum of 6 of your heroes. Then list why they were / are your heroes? What about them appeals to you?

FOR EXAMPLE



PIPPY LONGSTOCKING

Sovereign (her own person)
 Rulebreaker
 Honest
 Courageous
 Loyal
 Adventurous
 Leader
 Principled
 Determined
 Funny



MODESTY BLAISE

Honorable
 Courageous
 Loyal
 Rulebreaker
 Sovereign (her own person)
 Leader
 Capable
 Determined
 Principled
 Smart



KATHERINE HEPBURN

Honest
 Rulebreaker
 Loyal
 Outspoken
 Determined
 Sovereign (her own person)
 Smart
 Principled
 Capable
 Confident

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Role model 1	Role model 2	Role model 3	Role model 4
Role model 5	Role model 6		



Your dream job

What were the jobs you dreamed of as a kid? Perhaps you still have a list of jobs you secretly consider dream jobs?

List at least 10, but better would be 20 of your dream jobs. Then list at least 3 things for each job that makes it a dream job for you.

FOR EXAMPLE



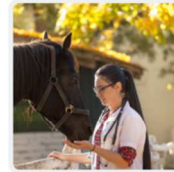
COWBOY

Freedom
 Outdoors
 Nature / animals
 Adventure



LIBRARIAN

Knowledge
 Learning
 Teaching
 Curiosity



VETERINARIAN

Animals / nature
 Caring
 Outdoors

Dream job 1	Dream job 2	Dream job 3	Dream job 4
Dream job 5	Dream job 6	Dream job 7	Dream job 8
Dream job 9	Dream job 10	Dream job 11	Dream job 12

