



THE THIRD FOUR LEVELS

Values ~ Wellbeing ~ Purpose ~ Inner peace

From our personality, identity and our beliefs, we derive our values, Wellbeing, Purpose and inner Peace, which can appear correct or incorrect when compared with other's maps of reality. These final four are essential to everything that makes us happier and authentic.

9. VALUES

Values reflect what's important in life. They are one of the guiding principles. They are also part of our personality, and the way we reared as a child, they guide our behaviour in all aspects of our life, including our home, relationships, work and our social life. They govern the way we interact and communicate and behave with others; they determine our attitudes and opinions. Sometimes in our quest to have preferences over needs, we stop evaluating what's important in life in our quest to live in the fast lane. We need values like we need H₂O.

The advantage of values.

The main advantage of identifying our values is that we will achieve transparency and focus; however, we must use that transparency to make consistent decisions and be committed to change and action. The aim of identifying our values is an improvement, and the results are important to us. When we value ourselves, we are prioritising how we spend our time, the lifestyle we want and need.

Living with someone who didn't have the same values would be like sandpaper; eventually, theirs would irritate our principles. Valuing our time is essential in our life because it's limited, we can't buy time like a bag of apples. Once gone, it's gone forever.



LIMITED TIME

If we procrastinate in our environment, we lose time, and this will create situations, in turn, this affects our behaviour and our actions. When we waste a day doing something unproductive that loss is permanent. While we can earn money, improve our home life, repair damaged relationships, we cannot redo yesterday. We haven't unlimited time.

For most, it's three score years and ten, some of us may have an addition of twenty years, but whatever the lifespan, values matter more than we care to admit. However, as human beings, we are relatively inconsistent in how we value time, one minute we're all fired up and raring to go, then we flag and give up.

We're like a yo-yo.

For the best part, most of us are easily distracted. Often it's all too easy to fall into the trap of living by various priorities. One day we work productively; the next day struck with a bout of laziness — routine and order matters. If we don't consciously stick to a precise and regular course, we'll easily stray. Order, routine and responsibility are vital for results; less yields poor results. If we stayed on a path of procrastination, we'd devalue our time, ourselves and others.

Valuing your work and time

In some companies, if continual is a sackable offence. For what you're saying is, 'I don't value my work or you.' I've had many clients who were like monkeys on speed, who rarely applied themselves — jumping around from one project to another. What they're doing was devaluing time and potential, decrying order routine and personal responsibility. Living by our values becomes an essential aspect of our lives.



A COMPASS

Values act as our compass to put us back on course every single day, so that day after day we're moving in the right direction that takes us closer and closer to our definition of the "best" life we could live. That best is our ideal, but generally, as we get closer to what we consider perfection, we enjoy increasingly better results, even if we never reach our best we are on a continuum, a path. Sometimes we need a reality check in to the mind, heart and soul to remind us what's important.

Listing values?

We all know what we value in life; I appreciated my husband, I thrived being married and enjoyed rearing children. I loved all my careers and the one before I retired, (Hypnotherapist-psychotherapist) was terrific. Before I married my list went of values went something like this.

- ❖ To meet the right man
- ❖ To be in a long-lasting loving marriage
- ❖ To never divorce
- ❖ To have a place to call mine
- ❖ To be happy and secure emotionally
- ❖ To live a Walton Style lifestyle in the country
- ❖ To be healthy and wise like grandmother
- ❖ To have four children
- ❖ To be comfortable financially
- ❖ To be successful
- ❖ To be content and peaceful
- ❖ To live in a close-knit community
- ❖ To have good friends
- ❖ To feel safe, secure and inner peace
- ❖ To have a successful business



PRIORITISE

Is there one small thing that you could appreciate more that you're doing now? I call this a reality check, but also a regular gratitude check which is vital to that sense of Wellbeing. I try to do this all the time, but I'm human, and I often need to pull myself up and value what I have.

My priorities and values for a successful and long marriage and business were of the same ilk because each value meant something to me. I was fifteen then and knew what I wanted. I was future pacing these values, and they all happened in varying degrees. Maybe not in my time frame, but often quicker.

The next step is to prioritise your list.

My way is to make a dominant and non-dominant handed list. Take an A4 paper and with your dominant hand, write what you value in life. I did this at fifteen, although I only used my dominant hand then, using the less dominant hand came thirty years later.

Wait a day,

Then write with the opposite hand and remake the list. Ignore self-doubts, that inner voice saying this is too awkward to do. Ignore, it's the ego talking. It doesn't matter how long it takes to do. When finished, compare. What you have at the top of the page on the less dominant hand listing, is what you need, not what you want, when I redid my fifteen years old list (and yes I can remember every part of this list for it was in every cell of my being and my soul), I added one to two things. However, I did get a house, and I did meet the right man, and we had fifty-eight years together, fifty-five being married.



SELF CARE

As we never believed in Divorce, we worked through any difficulties. While we hit some valleys and mountains, we were happy and secure in each other beliefs and values, and for the better part, most times we felt blissfully happy, we only felt unhappy when others interfered with our values. We did live that Walton Style lifestyle, the four children never happened because we became too wrapped up in life as most people do. I regret that because I'd have like daughters. I was pretty healthy but could have been better at self-care.

When support matters

We moved to the country; we lived in a close-knit community, the children went to local schools, (everything I wanted) we had our own business, and were comfortable and eventually okay financially. I believe we were successful in all we did together, and I had my own company and still do today. But I do know without my husband's support I wouldn't have achieved so much and I do know my husband felt the same about me as he said this all the time.

I always valued that about us, we always felt safe and secure; we were friends as well as lovers. We have loyal friends, and I've experienced many moments of contentment and inner peace.

Now my husband has died; some values have changed considerably. For instance, if I'd never valued my husband's skills, where would that have left us as a couple? We're all flawed human beings; it takes tolerance, humour, compassion and love to survive years together. You might want to ask yourself which from your list are the most important to you now? The highest priority will usually stand out. If in doubt, then invent a story of each value you've listed and compare the scenarios.



MY TOP PRIORITY

Wellbeing and inner peace would be at the top of my seventy-three old list of values now. However, that list in 1963 every single one was significant and hallowed as it is today – I remember Father Williams asking me this question. 'Which priority would satisfy your needs and values most' and my reply was swift, 'to meet the right man and I have,' because as I said to Father Williams at our six-week counselling sessions, 'all the rest would fall into place?'

However, back in the 60s, the only way I might as a woman achieve material things, like a house, would be marriage. Not that I married to gain these things, I married because I met the right man.

My values

I remember walking into the British Electric shop in our local town; I wanted to buy a Fridge. I said to the salesman, 'If you tell me that I need my husband's permission or signature, I'll walk.' I was twenty, two years into marriage. In the 60s, you had to have your husbands signature on anything you bought, and this annoyed me tremendously, but he said, 'no we recognise that women hold the purse strings.'

Company values

I valued British Electric and the Co-operative who said the very same when I wanted to buy a new bed. Those initial values from these two companies fed me for many years. Sadly British Electric closed their High Street shops in the 80s, but the Co-op is still going and why I shop there to this day. Values were and always will be my top priority. I will always research companies, and if they're into arms, cigarettes or other objectionable commodities, I won't deal with them.



VALUES SPEAK VOLUMES

The thing about values is, it's an excellent benchmark for predicting someone's thinking and behaviours. My values and integrity would be compromised if I bought from what I considered unethical activities. However, as I said to Father Williams, on that counselling course way back in 1963, 'everyone on that list of values is important to me.' Over the years, as I matured, they increased. When someone has a set of values and stick to these, then we will have a good idea of their ethics in all relationships whether intimate, platonic, working, a colleague, customer, patient or client we will get the measure of them.

When values grow apart

However let's talk about someone who puts, success and wealth at the top of the list? This person's values would indicate, career-minded maybe at any cost, and she or he will be living an entirely different life to someone who wants wellbeing, inner peace and spirituality as their criteria. Her career would come first.

And it may be at a cost to the family.

I well remember speaking to the wife of a millionaire, she was leaving him, not for anyone else, but because living in a rambling manor house looking at her rows of furs and designer clothes wasn't enough. She wanted more, she wanted his company, she wanted a simpler life. And while he was shocked, after everything he'd bought her, an all singing and dancing car, a stunning fitted kitchen the size of most entire ground floors, her clothes and holidays that she would give all this up to live in a two bedroomed cottage. Work when she never needed to, he was baffled. But her values were different from his.



THE ALPHA FEMALE

The book *The Lady Wears Prada* speaks of an Alpha woman called Miranda Priestly, as a successful editor of a magazine she had a high-profile career. This storyline is a prime example of ambition and passion out of balance. There wasn't room for relationships in this Alpha female because the guiding light would be success and money. Succeeding and becoming wealthy is more important than personal relationships, so if she has a choice between advancing in her career or going on a family holiday, her career will come first.

Values come from the intelligent soul.

If a particular value is on your list, then it's important to you, and not to live by this would be disastrous to your heart and soul. There's an old saying, 'selling your soul to the devil,' and we certainly do this when we disregard our core values. Prioritising those values mean a lot to us, and we can rely on them when making crucial decisions in life.

We will never be happy and rarely if ever reach inner peace if we deny our values. Plus when we know what's truly important, then it will be easier for us to say no to those things that take us away from our conscience (souls intelligence).

Values are the benchmark of our life.

My experience has shown that my preconditioned list was just that, although Father Williams, a man of great wisdom felt that my seventeen-year-old list and my husbands were enough to allow us to marry. However, my childhood did influence my values, but not in a negative way, instead of in a positive way. That list was the benchmark I used all of my life.



ADDING MORE CALUES

I left school at fifteen. By forty-years-old, I was thinking about doing a degree. I was beginning to value academic learning. As a teenager, my priority was to leave school, much to the disappointment of the teachers, but I wanted to live a more independent life and to stay on at school wouldn't give me that freedom. Although the feminist movement might say, I was too young to know my mind and brainwashing and indoctrination had occurred. Anyone who would say that, if they never understood this seventeen-year-old, while I was a child in the eyes of many, I was also a determined woman who knew what she wanted.

I believed I had enough education to get me by in life. And I did have; I was astute, streetwise and bright; however as I moved into that middle part of my life, I realised I missed out on my education and began to value what studying as a mature student could give me.

When the children had left home, my priorities changed again. People may ask, why would my values change? The core ones don't, but there is always room for more authentic ones as you take on other forms of education and skills. Or when you feel those values aren't taking you where you want to be in life. A question I often asked myself was, 'do my existing values give me what I need, not what I want?'

It would help if you asked the same.

Imagine for a moment if you continued in the same vein living by your current values, are you completely satisfied these are congruent? If not, are you are compromising. The thing to remember is this: you can change values for better ones because you're the captain of the ship. Be aware that we never have the same throughout our life; however, there will be core values that keep us on track vital to a wholesome life.



NEW YEAR DAY RESOLUTIONS

Every year we invariably create new values. On January the first day of the year, we decide either to lose weight, stop smoking, drinking alcohol, and exercise more. Because all of a sudden, we value our body, and for a brief moment in time, we value life more than we once did – usually these last a month. So rather than making a New Years Resolution about giving up something, instead, treat this as gaining and valuing something other than alcohol, junk food, and cigarettes.

And if when we stick to those new values.

We potentially change our:



- ❖ Environment
- ❖ Situation,
- ❖ Behaviour,
- ❖ Actions,
- ❖ Capabilities,
- ❖ Personality,
- ❖ Beliefs
- ❖ Values,

These might change for better or worse, and if we stick to our values, we're heading for a greater sense of Wellbeing, Purpose and inner Peace.

My suggestion is to keep a check on your core values, list them and see if they're meeting your requirements as you change. I ask my self this question.

'Is this a preference or a need?' A short easy sentence to remember and one you can put on your phone screen, so it's the first thing you see when you connect. Concise and to the point, this asks me to stop, step back, reflect before I make a decision. It also prompts me to ask if whatever I think I want is of value to me or not? But this also questions if something fits those additional values? Only I will know, as you will see when you ask the same question. However, when you're honest (an excellent value), respect and admiration come to us for people to trust the authenticity and the soul's intelligence.



SUMMARY

Backtrack in time, and ask yourself what your values were. Could be as a teenager, or in your mid-twenties or thirties. When you've done your value list put it away. Then with the less dominant hand make another one. Compare these two. Create a new one from these two, as these are your core values.

Then add any values that have occurred throughout your life and add these to the main list. Now ask yourself this. Have you adhered to these, or have you compromised any beliefs and values? If so, is there anything you can do to rectify this? If you can then do so, if not delete.

Try the Sieves and Three Stages

The Sieves will clear old values that no longer bode with you; The Three Stages may give you answers to difficult questions from three inspiring ages. Now list why these core values mean so much to you? If it's loyalty, honesty, patience, tolerance, or justice, then ask yourself if you're practising any of these, if not then how can you expect these traits and values to come to you? Like attracts like.

The best way to have what you want
Is to be what you want.
When someone has a set of values,
And they stick to these,
We have a good idea of their ethics and values
within all relationships, whether these are
Intimate, or platonic.
Then we can decide if they match ours.

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