

Pit Stop1: The Power in Values

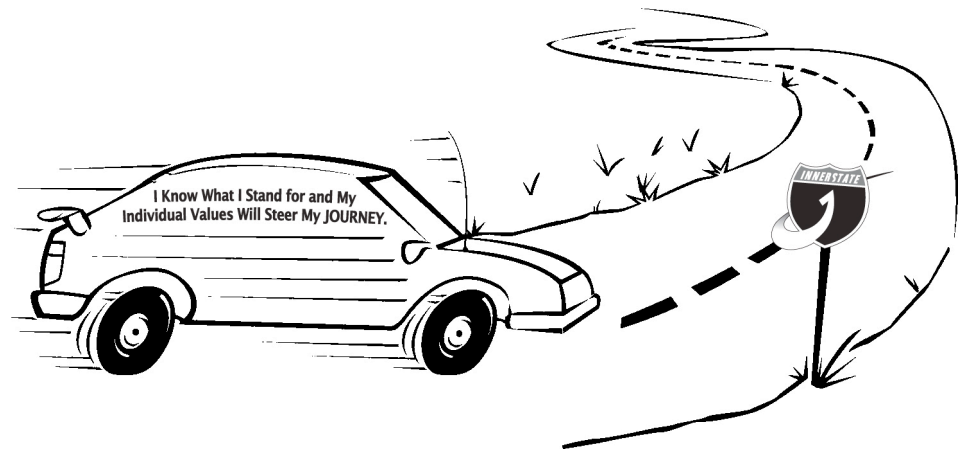
Facilitator Focus:

Purpose 1:

To help participants identify why values are important.

Purpose 2:

To help participants identify their Individual Values which bring passion and purpose to their actions, their work, and their unique contributions to the world.



The Power in Values

Your goal with this Pit Stop is to choose 3-5 core values that you can truly embrace in your life. These values will steer your decisions, your choices, your actions, your journey.

Why do you need to identify your values in the study of Meography?

Because your values are the foundation of YOU.

What words come to your mind when you hear the word *Values*?

<u>Morals</u>	<u>Unattainable</u>
<u>Standards</u>	<u>high standard of living</u>
<u>What is important to someone</u>	<u>Reflects someone's personality</u>
<u>Lofty goals</u>	
<u>Idealistic living</u>	

What about your *Individual Values*? What comes to your mind when you hear this phrase?

What I care about the most
What matters most in my own life

We want to add a new dimension to the idea of values and start fresh with what is really in your soul. We want to identify those things that are at the core of who *you* are and what you live for.

Your *Individual Values* are more than a list of moral standards. The values you discover next could very well be part of your DNA; they are just as much a part of who you are as your hair color or your birthday. Wouldn't it be amazing if your *Individual Values* are in fact the very thread of purpose in your life?

So many people sit and wonder, "What is my great mission here on this planet?" People worry that they are not doing the work they are supposed to do and that there is something *more* out there. Maybe it isn't that complicated... Maybe it isn't as much a specific 'job' but specific **values** you want to embody and fight for during your lifetime. *Many jobs* can support your *Individual Values*. Maybe your calling is not necessarily a specific 'career' as society defines it today... but what you represent in that career. It is something to think about!

The Power in Values

The fastest way to define what someone values as an individual, is to try to take it away...

To know what you live for... you need to know what you would die for.

What makes your life worth living? Review the list of values below. What are you NOT willing to live without? When you think about each word, which ones make you really angry or really excited? Do you feel a physical change in your body when you read certain words? When you have strong emotions about a value, it's a good bet it is an individual value for you.

Health	Fitness	Humor	Loyalty	Self-Worth
Beauty	Freedom	Human Dignity	Nobility	Enlightenment
Charitable	Generosity	Inner Peace	Open-Mindedness	Service
Patience	Grace	Spirituality	Wholeness	Simplicity
Compassion	Gratitude	Integrity	Positive Attitude	Honor
Courage	Harmony	Intimacy	Purpose	Teamwork
Dignity	Self-Contentment	Acceptance	Truth	Transformation
Safety	Honesty	Joy	Relationship	Trust
Education	Excellence	Justice	Respect	Community
Literacy	Hope	Kindness	Unconditional Love	Authenticity
Equality	Diligence	Humility	Appreciation	Faith

To know what you live for, define what you would die for. What matters THAT much to you? Review what you have circled above, and write your top 5 values here.

I am NOT willing to live without....
I am NOT willing to live without....
I am NOT willing to live without....
I am NOT willing to live without....
I am NOT willing to live without....

The Power in Values

Some people end up with family and friends on their list. It's great to think so much of the people in your life, but people aren't perfect, and they will eventually disappoint you. And what happens then? What happens when the thing you value most let's you down? You feel lost and bottomed out. You need something more to fall back on. You may ask yourself, "How can there be more than my family or my friends?" Think about it... Those people are special, but they do not make you, YOU. You need to think about existing independently of other people. There are seeds of purpose planted within you that cannot be defined by any other person but you. So if you are having trouble thinking beyond family and friends, you may want to ask yourself the following questions.

Pick values from the list on page 39 to describe the way you feel about the above questions.

*What do I value the most **about** my family or my friends?*

Trust?
Acceptance?
Loyalty?
Relationships?
Unconditional love?

What am I willing to spend all my time, money, and resources making better in this world?

The treatment of animals?
The living conditions of the poor?
The weakness in families?
What value supports that mission?

If I have children some day, what are the most important things I can teach them?

Respect?
Honesty?
Grace?
Justice?
Helping others?

The point here is to get their minds OFF of a specific person and onto a concept they can carry with them regardless if that person remains in life or not. So many people base everything on a human being and fall apart when the relationship ends or is tarnished. 'Relationship' is a value listed on the previous page. Maybe they could focus on the value of relationships versus a specific person.

The Power in Values

Here's the final test to see if you have indeed found your individual values... Fill in the blank with the values you've chosen. If you haven't identified one yet, keep going over the last two pages until something fits. It WILL happen.

The following statements can be your compass on the journey of life.

These statements will bring you back to a your path at all times when you live them.

When people look at my words, my choices, my actions, my life, they see

-----.

When people look at my words, my choices, my actions, my life, they see

-----.

When people look at my words, my choices, my actions, my life, they see

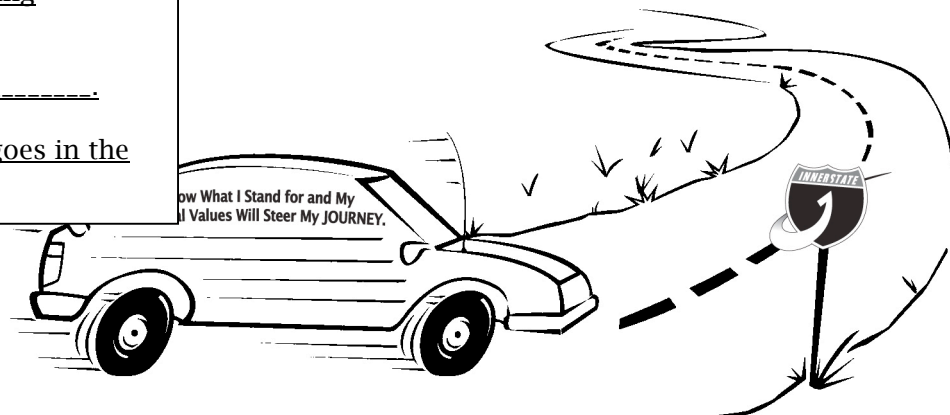
-----.

For a very powerful exercise, go around the room and have each student read one or more of his/her values out loud in the following sentence...

I AM -----.

(individual value goes in the blank.)

Go to the map at the end of your workbook and write your Individual Values on the car that looks like this. These values will steer your journey.



These individual values are your **purpose** in action when you live by them and advance their cause in the world.

The Power in Values

When you have correctly identified your Individual Values, you'll find they have been important to you for a long time... whether you were aware of them or not. Your Values show up in every part of your life. How you prioritize your activities, how you make decisions, how you spend your time, what makes you passionate, what makes you angry, what interests you.

Describe one situation where you see one of your Values show up in your life through your passion or interest.

The Value:

The situation:

Describe one situation where you see one of your Values show up in your life through your anger.

The Value:

The situation:

Describe one situation where you see one of your Values show up in your life through your choices.

The Value:

The situation:

