



Values are those things that really matter to each of us ... the ideas and beliefs we hold as special. Caring for others, for example, is a value; so is the freedom to express our opinions.

Introduction to Values

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.

What are Values?

Your personal code of values are what's important to you; not something you want or would like to have, but something you literally need in your life to be happy. A value is a principle or quality intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs, and your ethics rolled into one. Your personal code of values may be identical to your family's values. Or they may be dramatically different.

The Importance of Values

Living in an agreement with one's values is fulfilling. Living in conflict with one's values is stressful and dissatisfying. That's why it is so important to clearly understand your own personal code of values; your happiness depends upon not only knowing your values, but living in accordance with them.

Determine Your Personal Values

Determine your own personal code of values can take either of two directions. You can:

- *Start with a long list of general values, and pick those important to you, or*
- *Build your list from scratch based on your life experiences*

(INTEGRITY, HONESTY, RESPONSIBILITY, PHILANTHROPY, DIVERSITY, ACCOUNTABILITY, PROFESSIONALISM, CONFIDENTIALLY, COMMUNITY, and NURTURE, ACTIVE LISTENING, RESPECT...)