

Being Your Best: Choosing & Living Your Values

Accelerating Excellence
Podcast Episode #29
Resource Sheet

"You have to be before you can do. You have to do before you can have."
-Zig Ziglar

VALUES lead to **ACTIONS**. **ACTIONS** lead to **RESULTS**.

WHY VALUES?

- Values help you live with intention and purpose.
- Values guide behavior.
- Values help in decision making.

DEVELOPING VALUES

1. Brainstorm. Choose values that reflect both personal warmth and strength. Make sure your list is balanced. Successful people are both tough and tender.
2. Look up alternative words in a thesaurus. Use compelling words. Use words that resonate with you.
3. Limit your list to 7. You want to be able to easily memorize your list.
4. Let your list incubate for a month. See if they stick with you or if you have discovered alternatives.
5. Once your list is complete, spend a few minutes each day thinking about and visualizing yourself living your values.

RESULTS OF LIVING YOUR VALUES

- Inner strength.
- Inner peace.
- A rewarding, effective, and fulfilling life.

SAMPLE VALUES

- Integrity
- Focus
- Grit
- Love
- Wisdom
- Courage
- Enthusiasm

"When what we are is what we want to be, that is happiness."
-Malcolm Forbes
