

CRYSTAL CLARITY

Module 4 - Values Clarification

One of the reasons that people have problems making decisions is due to lack of clearly defined values. Your values are the principles and standards that you live by. We all have values but not all of us take the time to define them clearly and incorporate them in the important choices that we have to make in business, relationships and other areas of our lives.

There's a bible verse which asks, how can two walk together unless they are in agreement? Agreement refers to having similar values and beliefs because without that, there will only be tension and confusion. Two people can have a similar vision but differ on how to attain it based on their values. How do you know if you are living by your values? Have you ever been in a situation where:

- Someone said or did something that you disagreed with, but you kept quiet about it then felt ashamed afterwards.
- You set personal goals then failed to meet them.
- Your life or career isn't working or haven't worked out the way you wanted them to.
- What you want often clashes with what get.
- You're so busy pleasing others that you're unsure of your own true values.

If you've answered yes, to any of these you need to clarify your values.

This is something that I had to work on for myself. But the minute I did it, things started to flow better in my life and decision-making processes.

Your values define your character and behaviours and help to motivate and inform your decisions. I have quite a few values that I live by, meaning I make sure I'm living by them and look for it in the people I work with, or form any type of relationships with. My top ones are:

- Honesty
- Integrity
- Spirituality
- Love
- Punctuality

So what are your values? If you're not sure you can do the exercise below to help you define or clarify your own.