

***Module 1 - Part 3***

Congratulations! You have completed your top ten personal values. How special is that! Well as you know, very special.

Now here comes the real test. Are you ready to align your life with these set of values and live your most authentic life?

The good news is that for the most part, you probably are living close to a life that is aligned with your values. So let's complete that alignment and create a life that is truly all yours.

Remember, your values are set in stone as opposed to your interests, hobbies, past times and even beliefs. Now beliefs come close to the importance to your life as values, but not to the extent that they take precedence over your life's decisions.

We all live a life with masks. We use masks to protect ourselves. If you look back in history to prehistoric times when we lived in tribes. It was important that everyone in the tribe got along and worked together for survival. It was not suggested to be unique or different within a group but rather all the same. Even back then, we would adapt a mask to allow us to mix well within a group or you'd be looking from the outside in to being within a tribe. Being within a tribe meant security, being feed and even having sex. So we all learned how to survive through being adaptable like a chameleon and we do it by wearing different masks to match the situation. Well, we are not in danger of being eaten by a saber tooth tiger or being stomped by a woolly mammoth. So let's be real and create a life around our values.

Let me share with you a story. When I was looking to settle down with my own love of my life, I had no problem finding great guys. In fact, not to brag,

but if you were to outline the general requirements to attracting the perfect husband material type guy, I'm sure most people would agree, I did a very good job finding guys that fulfill those requirements.

Well I was engaged 9 separate times to what we'll consider perfect marriage material guys. Each time, within a few weeks of getting married, I would cancel the wedding event and break-up with the guy. After the 9th failed attempt to get married, I realized that the common denominator in all of these relationships was me. So I began a quest to find out what I needed to do differently. But to make a long story short, it wasn't finding out what I needed to do differently but rather who I needed to be differently. I realize that in all of those engagements to these very powerful men, I had played the part of a chameleon to match the needs of each of those relationships. I wore a mask to cover up who I really was in order to be with each of those men respectively. I was not being the authentic me. I would realize this at the last moment before tying the knot with someone. That is when my self protection would kick in and tell me, "Hey, what are you doing! If you marry this guy you'll be divorced in a year or two or self prescribe to cover up the pain of being with the wrong person. I finally started being myself and letting go of having to be married. That is when I finally met my current husband, Jim.

When I finally was ready, I had not only had a clear idea of my values, but I formulated a way to discover the values of my romantic suitor in order to match our values or not. I was living my life of being true to who I am. Now is your time to match your actions with who you are being. Are you being the sum of your top ten values and living your fully aligned life? Are

you ready to let go of the “phoney self” that other people may see, but you know is not really you?

This is a process that takes time but something can begin immediately. It all begins within you with a simple but important decision of who do you choose to be? The process that we are speaking of is the BE - DO - HAVE process. This process says that if live a life of BE-ing who you really are, that sets you up to DO-ing those things that represent who you are, will then give you the results, so you HAVE what is right for you. Too many people are mixed up and start the process with HAVE - DO - BE or DO - HAVE - BE. An example of those incorrect processes is that I need to HAVE the right car or right home in the right neighborhood in order to DO the right things to get these things and now you can BE who you are. Or DO the things that you need to do in order to HAVE the right things to BE who you are. The problem with both of those scenario's is that if you should lose any of HAVE items then who are your BE ing? Or if you are DO-ing, doing, doing just to have,if that ability to do is taken away, then who are you then? BE-ing who you are happens no matter what you are doing and having. You are just being you, period!

You may be living your life through trial and error, what works keep, what doesn't work, get rid of in your life. Slowly you develop a life that reflects who you are. But why wait, go all the way and get to it quicker by being the core of your values and surrounding what you do with those things that reflect those values. You will find that it becomes the easiest thing that you can do to attain those things in your life and HAVE the life that you desire!

A word of caution. Be aware that you may have people in your life that don't want you to BE you. You may have a friend that you've known for years that you like but never could really relate to their lifestyle and life choices. When those people start seeing the transformation within your life, it will shake up their own norm. They will try to sabotage your changes because they are afraid of losing you or worse, they are afraid that you'll change their life too! This could even happen to someone even closer like your significant other. Be aware that your transformation can be scary for your significant other and you need to assure them that you love them and that everything is okay with the both of you. Communicate with them clearly that the outward changes that they see in you is all good and will benefit your relationship so you can experience a long, happy life together. Always let love lead the way.

To conclude the importance of knowing your values and how they determine our decisions in life. I shared with you the story of my husband Jim's fear, based on the belief that "Dogs are unpredictable and that you should fear them or be attacked by them." That belief was very true to him and if it wasn't that fact that his value of love, a top two value for him, was higher than a false belief, we wouldn't be together right now. His value of love was rock solid. He loved me and trusted that the information that I shared with him about how to understand a dog's behavior was spot on. He knew that to be with me, a gal that when we first had a date together, had a dog in her purse, would not want to give up her canine friends. So out of love, he overlooked his own fears and embraced new knowledge to change his belief to match what was more important to him, love for me!

You can do the same thing. Challenge those beliefs that hold you back to being a more authentic version of yourself. Follow your values and design your life and the people who you choose to spend time with around those values. You'll have a happy life for it!

**Action Steps:**

Look at the possibilities of your life when following your own core values.

Take time every day during this journey of learning and dream of your possibilities.