

***Module 1 - Part 2***

Welcome back to the second part of Loving Yourself First

We began with the conditioning of your old negative habits and patterns and transforming them into these new empowering beliefs.

You will soon begin to notice differences happening in your life. Relationships with others transform right before your eyes. One client that came to me looking for love experienced greater success in her work life! What does loving yourself first have to do with your work life? Everything! After all, your work life is a big part of your life. You can't help when you transform one part of your life that you're successful in one area spills over into another. We'll call this person, Rachel (of course, not her real name).

Rachel, when she realized that the love that was truly missing from her life was the love from herself. That huge epiphany woke her up and introduced her to a new, exciting life of being with herself. Before she seemed to have issues with many of the people around her at work. She was a nice person in general, but she seemed to have these relationship issues with her peers. As she experienced loving herself more and more each day and enjoying it, she began to love the other things around her too. She

began to appreciate the job that she had. She began to appreciate the people that she worked with daily. Love has a way of producing more love and the people that she worked with began to appreciate her more and more each day. So the more that she loved herself fully, the more other people began to love her as well! Then promotions started to come her way. Fun trips with family and friends. All of a sudden out of her desperate need to find another person to love, she realized that person was right there all the time. It was her!

Now the second part of loving yourself and knowing and understanding yourself. This knowledge will help you understand why you make the decision that you do and how it affects every relationship that you've ever had. We make decisions and live our lives through our own set of values and beliefs. Now before I discuss more of how that impacts you, let me share with you the definition of the two concepts.

Many people think that values and beliefs are interchangeable words that mean the same thing. Well they both do impact our decisions and journey in life, but they are very different. Values are characteristics that you've developed before the age of five and they are set in stone. There is no wiggle room when it comes to values. They are chiseled in stone and are a part of your life forever. Some even believe that your values were developed

before you were born and you were predestined to be that certain way.

Beliefs are different in the way that they are formed. The best way to describe a belief is to imagine that it is the top of a table. Well this table needs legs to support this table or it falls over and is not functional. Well the legs of the table represent experiences and stories. Without the right experiences and stories to support a belief, you have no belief, period. I'll give you a simple but real example and it came from my husband Jim. He had an experience when he was young as a paperboy. Within one week, he was bitten three separate times by various dogs while delivering newspapers. His belief became, "Dogs are unpredictable and that you should fear them or be attacked by them."

When we met, I had one small Maltese dog, 2.2 pounds in size. Now he didn't fear my little Bianca because of her stature but when I got us a rescue Russian Wolfhound that weighed over 120 pounds. I think I forced those old beliefs out into the open.

Because of my comprehensive understanding of canine behavior, I taught my husband, then my boyfriend, how to read the behavior of any dog. That bit of education opened up the possibilities of my now husband, Jim, to enjoy the company of all dogs because he

now has the tools to understand them. Through more study and understanding of the canine personality, I was able to remove those experiences and stories from his mind and offer him a better, more empowering belief. So that belief that dogs are unpredictable and will strike for no reason was crushed and now my husband Jim's new belief is that he's learned more about human behavior by studying the behavior of dogs. What a flip in beliefs.

So a value is non-negotiable and a belief is not. What do you think is more important to focus on first? Well of course, your values!

My top five life values, in the order of importance, are God or Higher Power, Love, Family, Security and Legacy. When I seriously decided to find my life partner, I focused on making sure that the person that I attracted had God or Higher Power as their top value too. Love had to be in their top three and the rest had to be in the top 10 but close to the top five positions. Every decision that I've made in life and will make in life are based on these principles.

So in the world of characteristics, you can see why we focus more on values versus beliefs. Even though beliefs are important to us, values are the core of living a life that is true to us. Imagine if one

of your top ten values is health and you were encouraged to take illicit recreational drugs to be a part of the “in” crowd. You may go along with the crowd because you didn’t want to be an outcast, but the whole time, this activity just didn’t sit well with you and you experienced an unpleasant time. If this recreational drug scene continued, just to feel right with yourself, you may have to start coming up with excuses why you couldn’t go out with your group. You may go as far as make other friends that didn’t partake in recreational drugs so you wouldn’t feel alone and you could live comfortably with your core values.

Another example could be when you shop for a new sexy 2 seater sports car, the salesman does everything he can to help you own this vehicle. Now it’s not the salesman’s fault that you came in to look at this new sexy, 2 seat sports car and one of your top values is inclusiveness. That is you trying to be someone that you are not. After all, having only 1 seat in a car is not very inclusive. My husband Jim says that he sees me with a bus because I value inclusiveness myself so much that I want to take along with me all friends, animals and things that I enjoy in my life all at one time. In fact he does point out that everytime that I mention that we should purchase an RV Vehicle that would include friends, pets including birds, dogs and fish for a tour of the United States. It feels natural

for me to think that way because inclusiveness is within my top ten values. Not my husband's, but mine. By the way, he does point out that we can tour the country in a smaller vehicle with less pets and stay at hotels along the way and that is our way of finding a happy medium because he knows that our trips will include stopping at friends homes along the way on our trip.

I'm also accused of feeding the world, that's how inclusive I can be. I use the excuse that I don't like to waste food but my husband points out, if you don't want to waste food, don't purchase so much. Surprising friends with meals is my way of showing my love and being inclusive at the same time. So if we let, our values guide our life's decisions and action without friction. It's when we fight who we are, that is when we have challenging times within our life.

So it's important to consciously know your values and surround yourself with those close people in life that match your values too. I could not have married and stayed with my husband Jim if I didn't know his values first. We share four out of five of our top five values. And that one value that didn't fit within our top five, it was number 6 or 7 within his top ten values. This is why we connected so easily and have stayed connected for over 20 years together.

Besides matching your values when looking for your life mate as I just mentioned with my husband and I, understanding your values with your current relationships are just as important. You may have gotten married to a marvelous person who you love and still love. You may find that as much as you love them, it's hard to be with them all the time because after you've completed your top ten values, you realize they don't match as many values as you'd like. You may have many common activities like skiing, tennis or cooking. But your values are not that compatible. What do you do?

Well relax, I'm not asking to ditch this guy and gal that you are married to because you don't match as many values as you'd like. In fact this example is much more common than you'd think. If you're happy together, it's probably because you've learned how to live together. Even with contrasting values, you've just accepted that fact. We have some close friends whose husband values health above all. She needs to incorporate more health within her life but as a value, not within the top fifty! He's accepted that she'll never be that health valued person like him and she has always given him a lot of space to do the activities that expresses his top value of health. It's worked for them, now to

figure it out for yourself too. Because they were aware of each other's differences, they decided to focus on the commonality. We laugh because I believe that within their top five values is wild sex! I guess it works for them!

Knowing your top ten values when doing business with someone is another reason to be in the know. Imagine if you go into business with someone who doesn't value relationships, money or integrity, and you do. They may feel very okay with skipping out of your life if the business that you entered together didn't make it. Knowing you and their values can be a predictor of future behaviors and could save you lots of headache in the future. This is why to know who you are consciously and not resort to saying, "Oh, I know who I am when the situation arises" is not the way for you to think. You want to be proactive in knowing what your top ten values are now and embrace who you are consciously as well as unconsciously. You will have a more fulfilled and happy life because of it.

***Action Steps:***

Discover your top ten values now.

Use the PDF list of values provided to help you sort out what are your own top ten values. I have found that when you do this exercise, using this list of many values, that you can easily put your own list together quicker than just sitting there thinking about it.

Take the list and go through it line by line. Circle the words that speak to you and write them into that empty space available to the right of the page. It's not a choice between that line of words, it's just a space available to you to write in only those words that you think may fit within your top ten values.

Once you've gone through the whole list of words, you'll find that you have very similar words like joy and happy. Pick the one that speaks more to you. If each word speaks to you differently and fits within your top ten values, then keep it. Keep eliminating words until you end up with ten words. Write them in the blank list provided. Now write in front of each word the number 1 - 10 according to the most important and relevant value for you. Once you have a top ten hierarchy, write them into the empty list

provided. Congratulations, you've now created your top ten values list!