

i-Skill 6

My Values & Vision

Master Sheet

Defining and Refining My Core Values and Life Vision

Step 1: Digging

Step 2. Sounding Anger's Depth

Step 3: The History of My Values

Step 4: Defining and Refining My Core Values

Step 5: Defining and Refining My Life Vision

Step 6: Weaving My Core Values & Life Vision Together & My
Motto

My Motto _____
Write your motto here when you have finished i-Skill 6.

Getting Started

Go to: www.lifetransforminghabits.com

click on: i-Skills Training

i-Skill 6: My Values & Vision: Defining My Core Values and Life Vision

Step 1: Digging	[Follow the directions. When done, go to Step 2.]
Step 2: Sounding Anger's Depth	[Follow the directions. When done, go to Step 3.]
Step 3: The History of My Values	[Follow the directions. When done, go to Step 4.]
Step 4: Defining and Refining My Core Values	[Follow the directions. When done, go to Step 5.]
Step 5: Defining and Refining My Life Vision	[Follow the directions. When done, go to Step 6.]
Step 6: Weaving My Life Vision and Core Values Together and My Motto	[Follow the directions, also those in the Practice Sheet]

Five Notes to Read Before Doing The First Exercise, "Digging"

Note 1: In LTH training we coach the participants to seek "ways" and "resources" to keep themselves motivated to live their Core Values daily and to pursue their Live Vision with passion and integrity 24/7. We have found that motivation and inspiration generate greater energy and resilience to do, to achieve and to accomplish than does accountability. Accountability can have a role if it actually generates sufficient energy to overcome inertia. Yet, motivation and inspiration are always to be preferred. Passion is powerful! Purposeful passion achieves. Therefore, strive to be the "best you"—according to your own Core Values and Life Vision herein—and your "best you" will reverberate from generation to generation.

Note 2: If you have been helped to clarify your Core Values and Life Vision, remember, as the months and years go by, to return often to your work herein in order to make sure that your Core Values are still informing each step you take to realize your Life Vision. As you move forward in life, if you realize that your Core Values have evolved, integrate your new Core Values, but only after a critical review.

Note 3: This is your own personal reflection. Meaning ultimately is relevant to you alone. Yet, you should want to and be able to explain your Core Values and Life Vision to your trusted friends or trusted group so they can more fully understand and engage your intent.

Note 4: If this Skill Set did not help you, the problem does not lie with you but with LTH. You, not being helped means that LTH has not yet been able to create a universally useful process, although LTH strives to achieve such a goal.

Note 5: If you should feel in any way demeaned by the processes herein or that your uniqueness as an individual is not uplifted, we sincerely apologize. Every page herein tries to rigorously follow "The Five Rules for LTH Coaches" and we obviously have failed in that we have failed you. Therefore, we welcome any feedback you would like to share with us to help us. *[FYI: The "Five Rules for LTH Coaches" have been attached. See page 104.]*

Step 1: Digging

Dig for your ideals and you will uncover the roots of your Core Values.

A. List a few things that would make for an ideal friendship. [Examples: (1) never be betrayed: "loyalty"; (2) always get constructive feedback: "honesty", "integrity"; (3) able to relax and enjoy common entertainment: "companionship".]

1. _____
2. _____
3. _____

B. List what—besides good pay—would make for an ideal job.

1. _____
2. _____
3. _____

C. List what would make for an ideal small group or team.

1. _____
2. _____
3. _____

D. List what would make for an ideal life partner/family—should you want one.

1. _____
2. _____
3. _____

E. List a few ideal character traits that you would like to see in others and yourself.

1. _____
2. _____
3. _____

F. Reflect on A through E and list the ideal values that are most repeated.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

[Now that you have finished Exercises A-F, go on to Step 2 in the video. To save time, you can just hit the back arrow on your browser and then click on "Step 2: Sounding Anger's Depth". You can follow this shortcut throughout each step.]

Step 2: Sounding Anger's Depth

All anger is value based. What angers you reveals both your particular values and universal values.

A. List three things that anger, frustrate or irritate you in general.

1. _____
2. _____
3. _____

B. List three things that anger, frustrate or irritate you about yourself.

1. _____
2. _____
3. _____

C. List three things that anger, frustrate or irritate you about people at work / school / Home.

1. _____
2. _____
3. _____

D. List three things that anger, frustrate or irritate you about people driving.

1. _____
2. _____
3. _____

E. Reflect on the above exercises—A thru D—and list the values that are most repeated.

1. _____
2. _____
3. _____
4. _____

F. Special Reflection on Your Life Vision: This exercise is in anticipation of Step 5: Defining and Refining your Life Vision in Step 5. We have found that whenever a person pursues a dream, a hope, a goal or a life purpose and they perceive they are being inhibited, that very perception automatically triggers irritation, frustration or anger. Therefore, if you notice that you are irritated, frustrated or angered in your daily pursuits, pause for a moment and ask yourself if deeper dreams, hopes, goals or purposes for your life are being hindered or frustrated. If so, write them down, as they might be part of your Life Vision.

1. _____
2. _____
3. _____
4. _____
5. _____

[Now that you have finished Exercises A-F, go on to Step 3 in the video. To save time, you can just hit the back arrow on your browser and then click on "Step 3: The History of My Values".]

Step 3: The History of My Values

Overview: This exercise aims to help you become aware of the history of your current values and to assist you to decide which of those you want to be your Core Values and to become an integral part of your Life Vision. In other words, this exercise will help you discern which of your current habits that you want to keep and which ones you want to discard, as these latter are against your own best interest.

The History of My Values can be developed whether you had a “wonderful” level of human interaction and solid family relationships growing up or a “so so” or even a “disappointing” or “disastrous” level of family cohesion and support.

1. The “what you did” with “what you were dealt” has more to say about your values and your character than those factors over which you had no choice.
2. You can squander a privileged life or you can make something out of yourself coming from a disadvantaged life.
3. You might discover that this exercise has helped you learn more about yourself than you thought possible in such a short span of time
4. The History of My Values will help you see what **you** can do to make your life even better than it was before.

You will probably also become more appreciative of those who have positively influenced your life. If that is the case and to the degree it is possible, let those persons know your appreciation for them. Gratitude is a great attitude to have in life and a proven facilitator of a beneficial life.

Note: Something that was painful or difficult can be included as part of The History of My Values. The criterion for inclusion is that it is was growth oriented. For example, the loss of a job or a bad report card can be a positive, if, through it, you dug deeper within yourself and put together a step-by-step strategy to find a new job or to start your own business or a study plan. The values beneath that effort might be: fortitude, resilience, thinking positively. Those deeper values—living character traits—are what changed that negative reality into a positive moment in your Life History. Make sure to list these character traits as Core Values.

The History of My Values

Directions: Start with your date of birth. Then, on the same line below, add what values you first remember learning. For example: be kind, be thoughtful, tell the truth, respect your elders, help those in need, be honest, you need a good education to get a good job. You may also have been taught values like: marry rich, earn lots of money, you have to wear the right clothes. Values can also be stated negatively like: don't lie, don't cheat, don't speak behind a person's back, children don't talk, etc. You might have also heard or learned some "values" that you now consider as contrary to your own best interest. Write these "bad" values too, but put them between brackets. It is important to be a critical thinker and be able to discard any current values—perhaps now ingrained habits—that you realize are not in your own best interest today. For example, you may have believed the idea—"If you don't feel like doing it now, just put it off until you do"—but more recently you realize that way of thinking—now an ingrained habit—is what is thwarting you from accomplishing not only your life dreams and goals but also even your short-term objectives and daily tasks.

Now it is your moment to begin your review of your values, "The History of My Values".

1. Write your date of birth and one of the first values or life lessons you learned.

2. Focus on all the values your learned in your childhood. List them here below.

3. Delayed Self-Reflection. Take a break of between an hour and a day and then review your notes in "1" and "2" on this page. If new memories of values or ingrained behaviors (habits) come to mind, write them down here below. [Bracket those values or habits that you want to or have changed.]

4. Talk Time: Share your values from your childhood with a trusted friend or group before you continue to journal your History of My Values. [If you are doing this alone, continue on to #-5, but later find a trusted friend or group with whom to share the values you learned and the habits you developed and which ones you want to keep and which ones you want to change.]

5. List the values you learned in your teen years and the habits you developed. Bracket the ones you want to change.

6. Talk Time: With a trusted friend or group, share the values that you learned and the habits you developed as a teenager and which ones you want to affirm and which ones you want to change. When done, continue to #-7. [If you are doing this alone, continue on to #-7, but later find a trusted friend or group with whom to share from this phase of your life.] *In doing #-6, you have begun to discern what **your Core Values** might be.*

7. List the positive and negative character traits that others have told you they see in you. [Put the negative character traits in brackets. Example: [Rude], [Selfish].

8. List the positive and negative character traits you believe you exhibit. [Put the negative character traits in brackets.]

9. Delayed Self-Reflection: Take a break of between an hour and a day and then return here to see if new memories of positives or negatives character traits arise. If any do, list them here below. [Put the negative character traits in brackets.]

10. Talk Time: With a trusted friend or group, share (a) the positive character traits that you want to keep and (b) the negative character traits that you want to change. When done, continue to #-7. [If you are doing this alone, continue on to #-7, but later find a trusted friend or group with whom to share.]

11.A. Write down any current habits that might hinder you from living your Core Values.

11.B. Below describe how you are going to replace one of those habits that undermine your Core Values. For example, I used to believe that "kidding" was a cool and relaxing thing for everyone. I now realize that it can be "ok", but, more often than not, it hurts people and makes me look insensitive and unprofessional as well. I now realize it can or already has blocked my career opportunities. Therefore, I am going to replace that habit with a new habit: *"Listen attentively to people, seek to meet them in their hopes and build them up."* [Use a separate sheet or electronic file to describe how you are going to replace each one of the other habits that undermine your Core Values.]

12. Write down: (a) all your Core Values that are currently your habits, (b) those Core Values that you are working diligently to make your habits and (c) any new Core Values that you want to make into new habits (character traits / ingrained behaviors). *We are what we repeatedly do. Excellence, then, is not an act, but a habit.* ~ Aristotle

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

13. Reflection on your Core Values: You have envisioned what sort of person you are or want to become. If all your Core Values were to become your habits, then you would be a person of great personal integrity, even regarding the thoughts that you let guide you. If you were to live all your Core Values coherently describe here below the impact you think that would have on your friends, family members, peers and others with whom you interact regularly.

14. Talk Time: Share your current list of Core Values with a friend or group before you continue on to *Step 4: Defining and Refining My Core Values*. [If you are doing this alone, go on to *Step 4*. But, later, find a trusted friend or group with whom to share your Core Values. *Note:* In taking these fourteen steps of journaling and sharing, you now see more clearly the history of your values and can better project yourself toward a future that is in your own best interest because it is *grounded in your own Core Values*.

Step 4: Defining and Refining My Core Values

A1. List up to ten Values that come to mind that you think are, or might be, Core Values or Character Traits that have been held in high esteem in most all cultures across the centuries. [This is not a world cultures test. Simply draw from your current knowledge of cultures and your own experiences and state what you think might be those Values. There are no wrong answers. This is about you scanning your own horizon of Values. [Example: Hospitality.]

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

A2. From your own list of Core Values on page 96, #-12, write down those that you think might be universally true for all people in all times and places.

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

A3. Now add any of the Values in A1 (above) that you want to make your own even if they are not yet reflected coherently in your daily life. Then, prioritize or rank your final list of Core Values according to how you want to be known. These are your **Refined Core Values**.

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 6. _____ | 6. _____ |
| 8. _____ | 8. _____ |
| 9. _____ | 10. _____ |

B. Using your Refined Core Values from "A3", complete the thoughts below:

B1. Through diligent study and ongoing outcomes evaluation—which is necessary to avoid stagnation and self-deception—I will learn all that I can about what it means to be a great friend, and I will also diligently practice the following Core Values that I believe are essential to have ideal friendships:

B2. Through diligent study and ongoing outcomes evaluation—which is necessary to avoid stagnation and self-deception—I will learn all the technical, professional and scientific knowledge that I can to advance in my career and profession, and I will also diligently practice the following Core Values that I believe are essential to have an ideal career and professional life:

B3. Through diligent study and ongoing outcomes evaluation—which is necessary to avoid stagnation and self-deception—I will learn all that I can from sources with good outcomes to enhance my relationship with my life partner—should I have one or one day think I might have one—and I will also diligently practice the following Core Values that I believe are essential to have an ideal life partner relationship (should I choose to have one):

B4. Through diligent study and ongoing outcomes evaluation—which is necessary to avoid stagnation and self-deception—I will learn from all the best practices and good-outcomes based knowledge that I can to enhance the quality of my family relationships and parenting skills, and I will also diligently practice the following Core Values that I believe are essential to have an ideal family life (should I choose to have a family or to be a parent):

Step 5: Defining & Refining My Life Vision

Dreams, Hopes, Goals, Purposes

Introduction: This step of organizing and summarizing your dreams, hopes, goals and purpose(s) into one Life Vision is of fundamental importance because it helps you keep **your** future before your eyes—in a world of distractions—and thus better positions you to achieve **your** goals, dreams, hopes, and purpose or purposes in life¹.

Expected Outcomes: As your Life Vision—your dreams, goals, hopes and purpose(s)—become clearer, that clarity will better enable you not only to stay on course and to realize **your** Life Vision but also to strive for it with greater passion and to become more resilient whenever you encounter difficulties.² However, if you do not clarify your dreams, hopes, goals and purpose(s), you could easily find yourself living in a world of distractions or in an analogous situation as described in the footnote here below.³

¹ LTH recognizes that some people's Life Vision, their purpose in life, is ultimately the realization of one or more of their Core Values, such as "justice for all", "fairness" or "compassion, caring and curing." *Their profession is both **a means and an end***. This is a powerful boon to them, a driving motivator. However, such people need to intentionally extend their Core Values to all areas of their daily life to assure personal integrity. All too often stories are told of workplace "stars" or of people who are highly successful in their chosen profession and then one learns that they are failures in many other areas of their life. (The i-Skills 1-5 are designed to help in this regard as well to help a person defend their Life Vision and Core Values from being stymied by a lack of personal self-mastery.)

² i-Skill 7: STANDS is designed as a first line of defense in pursuing your Live Vision and will be made available to you upon completion of i-Skill 6.)

³ LTH recognized that some people's *profession is **a means to an end***. They pursue their profession as a means to fame or financial security or to satisfy the expectations of their family of origin or for whatever other reason that is not connected to their deeper hopes, dreams, goals or purpose(s) in life. Now, finding themselves in that job—and for whatever reasons tell themselves they are unable to pursue their deeper life purpose—LTH encourages such people to extend their most cherished values to their fullest application in their current job. For example, one of the cherished values of a highly placed Wall Street professional was *competency*. To be a person of integrity that person must extend that cherished value not only to protect their company from the risk of legal actions and possible incarcerations but also to protect their clients from financial harm and their nation's economy from serious disruption.

Two Steps toward Defining and Refining Your Life Vision

Step 1: List all of the dreams, goals and hopes that you want to pursue in your life and define the purpose(s) you want to give to your life.

Dreams: _____

Goals: _____

Hopes: _____

Purpose(s): _____

Step 2: Weave together your dreams, goals, hopes and your purpose(s) into a unified Life Vision. This process usually takes time and many drafts before it begins to become sufficiently refined. Therefore, we strongly suggest that you start on a separate sheet of paper or use an electronic file.

Life Vision: _____

Step 6: Weaving My Core Values and Life Vision Together and My Motto

Why One's Core Values & Life Vision are Best Processed Together

Reason 1: Becoming aware of your Core Values, as you have in the previous steps, and striving to live according to them will enable you to achieve your Life Vision with ever-increasing capacity.

Reason 2: Striving to live your Core Values while pursuing your Life Vision will also create an ever-growing awareness of—and ultimately an unwavering conviction of—the central importance of living your Core Values daily because you will actually see that your ever-increasing character strength enables you to stay the course of your Life Vision in the worst of times (resiliency) and keeps you from being distracted in the best of times (integrity).

Reason 3: Having a clearly defined Life Vision not only can be persuasive in convincing you to strive for personal Core Value character transformation—because it increases the probability of attaining your Life Vision—but is, in-and-of-itself, a powerful motivator to do, to achieve and to accomplish your dreams, hopes, goals and purpose(s) in life.

Reason 4: Processing your Core Values and Life Vision together also enables you to clarify which engrained behaviors (habits) are beneficial and which are not. Reinforcing your beneficial habits and supplanting your counter productive habits not only makes it more likely that you achieve your Life Vision but also grows and strengthens your character to such a degree that your journey becomes ever more vibrant, meaningful and satisfying, no matter how hard or easy the journey.

Summary: As your Life Vision becomes imbued with your Core Values, that dynamics creates a hope-filled future, strengthens resilience and allows for wisdom to develop regarding the best choices. Ultimately this dynamics enables you to achieve your Life Vision not only more quickly but also with integrity and ever increasing character strength.

Steps to Process Your Life Vision and Core Values Together

As the exercise on the next page (page 102) requires sustained reflection and as many participants have made multiple adjustments in that process, we have created a *Practice Sheet*, to be printed out and used before filling in page 102. The Practice Sheet is in PDF format and can be found at: "Practice Sheet: My Core Values and Life Vision Woven Together and My Motto". It is the link right below Step 6 on the Values and Vision webpage that you have been using up until now. **Download** the *Practice Sheet* and then return to the online video coaching. It will guide you through the process. *Note:* There are examples on page 3 of the *Practice Sheet* that should help clarify any ambiguities you might have regarding the exercise.

1. Your Core Values⁴/Habit Strength// Anti-Core Values/Habit Strength

Strength Measurement = Frequency of Practicing the Core Value or Anti-Core Value
5 = Always; 4 = Almost Always; 3 = Usually; 2 = Sometimes; 1 = Almost Never; 0 = Never.

Core Value	Good Habit Strength	Anti-Core Value	Bad Habit Strength
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

2. Write Your Life Vision: Dream, Hopes, Goals, Purpose(s)

Write it in one succinct paragraph:

3. Write Your Life Vision in One Sentence

4. Write a Motto for "My Life Vision"

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⁴ Each participant states each Core Value and its opposite (Anti-Core Value) in their own words. This is your own personal process and meaning must be relevant to you. However, you should want to and be able to explain your words to your trusted friends or trusted group so they can more fully understand your intent.

"Take Aways" From Vision & Values

Your take away from "Digging":

Your take away from "Sounding Anger's Depth":

Your Insight into "The History of My Values":

Your take away from "Defining & Refining My Core Values":

Your take away from "My Life Vision":

Your overall take away from "My Vision and Values":

Write your motto: _____

The Five Rules for LTH Coaches

1. I will always seek to respect you, to value you, and to appreciate you for everything that you do that is good, positive, or useful for the learning process in this class.
2. I will work to be attentive to discover your gifts and talents and to share my insights with you in a way that will increase your self-awareness of your awesomeness as a unique person and your incredible potential.
3. I will work so that I never demean you, never put you down, never make you feel unimportant, un-trusted, or that your opinion does not count.
4. If I catch myself at having demeaned you in any way, I will apologize to you.
5. If you should feel that I have demeaned you or lessened your value as a person, you should share that with me. I will apologize and will make every effort to seek the root cause in myself. Thereafter, I will work ever more attentively to treat you with the full respect, honor and dignity that you deserve as a person.*

* However, if you should continue to feel demeaned, you have my permission to speak directly to _____. That person has already been instructed to speak to me so that I might better understand and make a more appropriate apology. In that process, I will make every effort to seek the root cause in myself. Thereafter, I will work ever more diligently to treat you with the full respect, honor, and dignity that you deserve as a person.**

** Even though I try very hard, I might still demean you or make you feel diminished in some way. Moreover, because you have undeniable dignity, absolute worth and inner beauty, it is almost impossible that I (and others) will always treat you with the respect, honor and dignity that you deserve. This is not an excuse; it is simply an annotation that sometimes I act inhumanly towards others and not in a truly and fully human manner, as I should. It is also likely that you will experience the same difficulty in treating others at all times and in all situations with the respect, honor and dignity that their being a person deserves.

Note: Parents, team leaders and couples have said they use these five rules to guide them in their work and their relationships and have achieved rewarding outcomes.