



Here is my March edition: **Why values matter**



Tim Skene

“Principles, qualities or entities that are intrinsically valuable or desirable” (Websters)



What's truly **important** to you and how does that influence your lifestyle?

And what have values got to do with strengthening that all-important mind-muscle?

Values are a primary mechanism for **motivation** and fundamentally **influence** the **outcomes** we seek and the **choices** we make.

If we are seeking to strengthen our mind then I think motivation is key in a workout. And when it comes to making choices, if we know what our values are then it is often simpler to make decisions based on what is truly important to us as individuals. I think this also gives us greater confidence in our decision making.

Values are associated with a person's sense of worth, meaning and desire – a person's values define what is truly important to them.

Let me give you an example. One of my clients, we'll call her Naomi, gave me some feedback after thinking through her values. Naomi was doing some job interviews to secure her specialist dream job. Naomi recounted to me how helpful it had been for her to know and be aware of what her values were. It was particularly helpful when she had to answer various questions during the interview.

She was able to simply and quickly make responses based on what was important to her. This allowed her to feel, respond and act more confidently and assuredly during her interview process. It also helped her to articulate what she did and did not want in the role.

A PRACTICAL HOW-TO

Now that we know some of the ways that values might help us, let's do something practical. Let's begin to unpack what your values are. Start by asking yourself a few reflective questions. You might like to take some time out and write down your responses.

- **What motivates you?**
- **What is most important to you?**
- **What would you fight for?**
- **What makes you really angry?**
- **What gets you out of bed in the morning?**



There may be a particular word/s that come to mind that sum up your findings like trust, health, security, happiness, humour. Try and come up with a list of at least 10 things that come up for you as you ask these questions. Use the graphic on page 1 if you need some inspiration!

I suggest you just look at the 10 values you've come up with, see which ones are similar and try and rank them in some sort of order of importance.

I have personally found doing the values exercise very helpful in keeping me focused, motivated, and engaged. The past two years my top value is...surprise, surprise...personal health and wellbeing. Choosing this as my key value has influenced my life in the following ways: **Time** - I have consistently made decisions that reflect how I use my time for health and wellbeing. My reading and learning, exercise, meditation, the job that I do! It has also influenced my **financial decisions**. The money I spend on a nutritionist, healthy food and supplements, a therapist and counsellor, a training program for Therapeutic coaching, a new mattress and a house move that enables me to remain close to the open spaces of the countryside.

Join me next month when I focus on 'purpose' - another key driver in sustaining a happier and healthier lifestyle.

For those in wellbeing roles, join us for the Birmingham Wellbeing Alliance Wellbeing Forum. This is to support you in your wellbeing role with conversations & bitesize learning. Dr Ben Sinclair will be speaking on 'Diet and Nutrition' on **Wednesday 16 March 12.30-13.30 on Zoom.**

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**Stay tuned for my next edition of Mind Gym where I'll be looking at:
'The sustaining power of purpose'.**