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Do you have an impression, a lack of meaning, and consistency in your daily activities? Have you inspired, encouraged some people that you find wonderful, and who pushes you to go further? Evolution to what inspires you and gives you meaning makes you define your values. The process of defining values leads you to identify your values. 1- What are your values your values represent what is most important to you in life, in all your areas of life, professional and personal. This process is derived from the science of values, called axiology, a science that has existed for over 2,000 years, and has deepened recently by Dr. John Demartini (www.drjohndemartini.com) in the Demartini Values Definition Process that we apply here on the 3 Center Leadership Model. Your values are individual, as are your fingerprints, they are unique. They are at the heart of your emotional behavior, they make you react positively or negatively to any situation. Knowing your values and experiencing them daily will lead you to a upbringing that is fair to you. Living by your values leads you to your uniqueness, developing what you are made for, and allowing you to radiate outwardly who you really are. 2- Two levels of value definition There are two levels to apply the process of determining values in accordance with the science of values. Level 1 is to answer with 3 answers to each of the 6 questions (bold in the picture) and then identify the most frequent answers, these most frequent answers, then your values. These six questions relate to the following topics: Space, Time, Energy, Money, Thoughts and Relationships. In 95% of cases, this fast level 1 is effective for determining your values. If you apply consistently, every day, three actions that fit into your values, you will feel much more consistency and will feel more and more fulfilled every day. Level 2 is to follow three steps: 1. At the first step, determine your basic voids in your life, to which you are strongly striving. 2. In the second stage, answering with 3 answers to each of the 13 questions, and extracting the most frequent answers, is your values. 3. In the third stage, compare your values and voids, you then align your current direction with your deepest desires. This deeper Level 2 process allows you to systematically define your values and align you with your mission as well as professional as personal, with what drives you. Then you'll know about the steps you need to take in order to act consistently. 3- What do your values bring you? In addition to your inner explanation, and as a result, your inner well-being, your values develop your assertiveness, confidence, you can have within yourself. Beck's search for your uniqueness will also bring a path to acceptance, recognition and putting value on the uniqueness of others. Your emotional system is based on your values, instead of suffering from vents, you will, step by step, evolve in the direction of the ability to master your emotions, regardless of the situation or external event. Your communication skills will also be improved by your own ability to identify and communicate in other values. Nothing is more important for any person, whoever it is yourself or with the person with whom you communicate, to feel recognized in their values. This naturally leads to high leadership skills and influence in companies.... In conclusion, knowing your values allows you to return to meaning, the ability to lead your own life and direction, and thus develop your complete guide unique to yourself. Published in a blog post on your values arise from and are therefore determined by your conscious or unconscious emptiness (what you perceive as the most missing). What you perceive as the most missing (emptiness) in your life therefore becomes what you perceive as the most important (value). The more important the value is, the higher it will be in your hierarchy of values, the more discipline and order you will associate with it. The less important the value is, the lower it is in your hierarchy of values, the less discipline and the more clutter associated with it. When you live up to your lower values, you require continuous external motivation, and you suppress your genius when you live up to your higher values you become inspired and awakened by genius. Your execution means filling your perceptually empty voids. The hierarchy of voids determines the hierarchy of your values. The hierarchy of your values determines how you perceive (what you selectively attend) and how you act (what you selectively intend) in your world, and so they determine your immediate destiny. As your values change over time, your destiny therefore changes over time. Summing up your series of fates determines your evolving life path. Your ultimate or relatively unchanging core value dictates your endless journey the most. Your transient, changing, cortical hierarchy of values dictates your series of transient end destinies. Let's start defining my values as light comes in a dark room for me. Now I see where my true value lies and where to focus, thank you. William Ashton: It really helped me clarify what was most important to me. No wonder I wasn't inspired to do half the things set in my list of goals, they didn't match my values! I finally get it! Anthony Ellis is an extremely valuable process! Thanks for giving me a box on yourself. Susan Sammehs define my values now know myself. Be yourself you appreciate what you perceive most of the missing - John Demartini your values arise from and are therefore determined by your conscious or unconscious emptiness (what you perceive as the most missing). What you perceive as the most missing (emptiness) in so life becomes what you perceive as the most important (value). Your basic private voids govern your overly public destiny. Your execution means filling your perceptually empty voids. The hierarchy of voids determines the hierarchy of your values. The hierarchy of your values determines how you perceive (what you selectively attend) and how you act (what you selectively intend) in your world, and so they determine your immediate destiny. As your values change over time, your destiny therefore changes over time. Summing up your series of fates determines your evolving life path. Your ultimate or relatively unchanging core value dictates your endless journey the most. Your transient, changing, cortical hierarchy of values dictates your series of transient end destinies. The more important the value is, the higher it will be in your hierarchy of values, the more discipline and order you will associate with it. The less important the value is, the lower it is in your hierarchy of values, the less discipline and the more clutter associated with it. When you live up to your highest values you become inspired and awakened by genius. When you live according to your lower values, you require continuous external motivation and you suppress your genius. Your current goal or mission for life will reflect your current highest values. While determining your values can be practically useful in your daily reality, in reality, nothing is invalid or absent in the first place, it is only in another unrecognized form. But what you perceive as missing will become something that seems important. That's why our private emptiness breeds your social values. You perform emptiness and value through perception or action. Get help in determining your values by showing the value determination process on the first day of the Breakthrough Experience. Browse our event calendar to see when breakthrough experience will be in your area. I'm learning real skills that I can apply throughout my life... Procrastination and rationalization. Identify your values 1: Helps me prioritize my actions. 2: Teaches me delegation. 3: I talk to people and get new perspectives and opinions. Find out more I'm learning real skills that I can apply throughout my life... Procrastination and rationalization. Define your values noun KAN-der 1: Whiteness, Shine 2: Freedom from Prejudice or Malice 3: Unconditional, Honest or Sincere Expressions I'm Learning Real Skills That I Can Apply Throughout My Life... Procrastination and rationalization. Identify your values I am learning the real skills that I can apply for the rest of my life ... Procrastination and rationalization. Determine your values Get weekly inspiration, get special discounts and be aware of upcoming events. LIMITED OFFER Online course costing \$250 - FREE when you sign up today! Are you tired of being on the road to achieving your success? Start a new chapter in your life today and wake up your inspiration, Focus and Drive, so that you reach your most significant goals and dreams Podcast: Play in the new window EmbedSedAs on Podcasts Apple Android (c) Podcasts Google Sticher (c) TuneIn (c) Spotify (c) Rss More in this episode, I suggest you discover the test offered by Dr. John Demartini, which will allow you to think about your value system through a number of questions related to your life. Through this reflection on what your life represents, you will be able to understand that your life reflects the values that matter most to you today. It is these values that will allow you to determine what is important to you, your life mission. When you are yourself, you always have value; When you copy, you nothingMary Sarah Newton You can get 13 questions in French from the test by downloading The Challenge List 13 Value Method Issues / SE CONNAISSANCE Topics section, Covered in this podcast: (AKA Timeline for Ultra-Pressed) (1:40) Presentation of the Cost Determination Process by Dr. John DeMartini - The Connection Between Our Values - Our Flaws - Our Life Mission (5:1 Principle and way of function test cost determination: 13 questions about your life (6:42) Presentation of the first 7 test questions: Environment - Time - Energy - Money - Organization - Reliability / Concentration - Inner Thoughts You can pin this image, to access it later © Links and tools mentioned in this episode : Share the results of this task with the community: Feel free to join the goal of the builders of the tribe, where you can share your feelings and experiences after this task. 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