

## **Audio Track 21: Discovering Your Core Values**

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Try this: Discovering your core values.

Because there are many parts to this exercise, you may find it easier to follow it as a written reflection exercise. So please take a moment to gather your pen and paper or journal. And then, as you feel ready, allowing your eyes to close, if that feels okay. And in your mind's eye, finding yourself in the room. If you can smile at yourself in welcome. If you like, you might also place your hand over your heart or elsewhere and feel your body. Your body has been supporting you all your life.

Now imagining that you're in your later years sometime from now, and you're sitting in a lovely garden with your partner as you contemplate your life. Looking back to the time between now and then, you feel a deep sense of satisfaction, joy and contentment. Even though life hasn't always been easy, you managed to stay true to yourself and your relationship to the best of your ability. Or if you prefer, you can just let yourself dream of the life you want and long for.

And then considering which core values are represented in that life. For example: adventure, tranquility, financial stability, physical health, compassion, loyalty, pleasure, meaningful work. Please see what it is for you. How did you stay true to yourself? And when you find one, you might ask yourself, "If I had that, how would my life change?" To see if there are deeper values underneath. When you've found the deepest things, these are your personal core values. It may

help to write them down. And then, considering which values you embodied that gave you and your relationship meaning and satisfaction. In other words, what core values were expressed in your relationship? These can be things like adventure and healthy lifestyle, or things like loyalty and compassion. The point is that the presence of these qualities in your relationship led to a satisfying relationship. If you can, stay focused on what you gave rather than what you received.

And as you find what gave you and your relationship meaning and satisfaction, these are your core relational values. Take a moment and write them down, too. And finally, considering how your ability to live these core values manifested in your partner, in your relationship. In other words, what affect did living by those core values have? Feel free to make notes on this as well.

And when you've finished making your notes, please remember to take a moment to thank yourself. For caring enough to show up and be curious and tend to what really matters in your life and in your relationship.

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