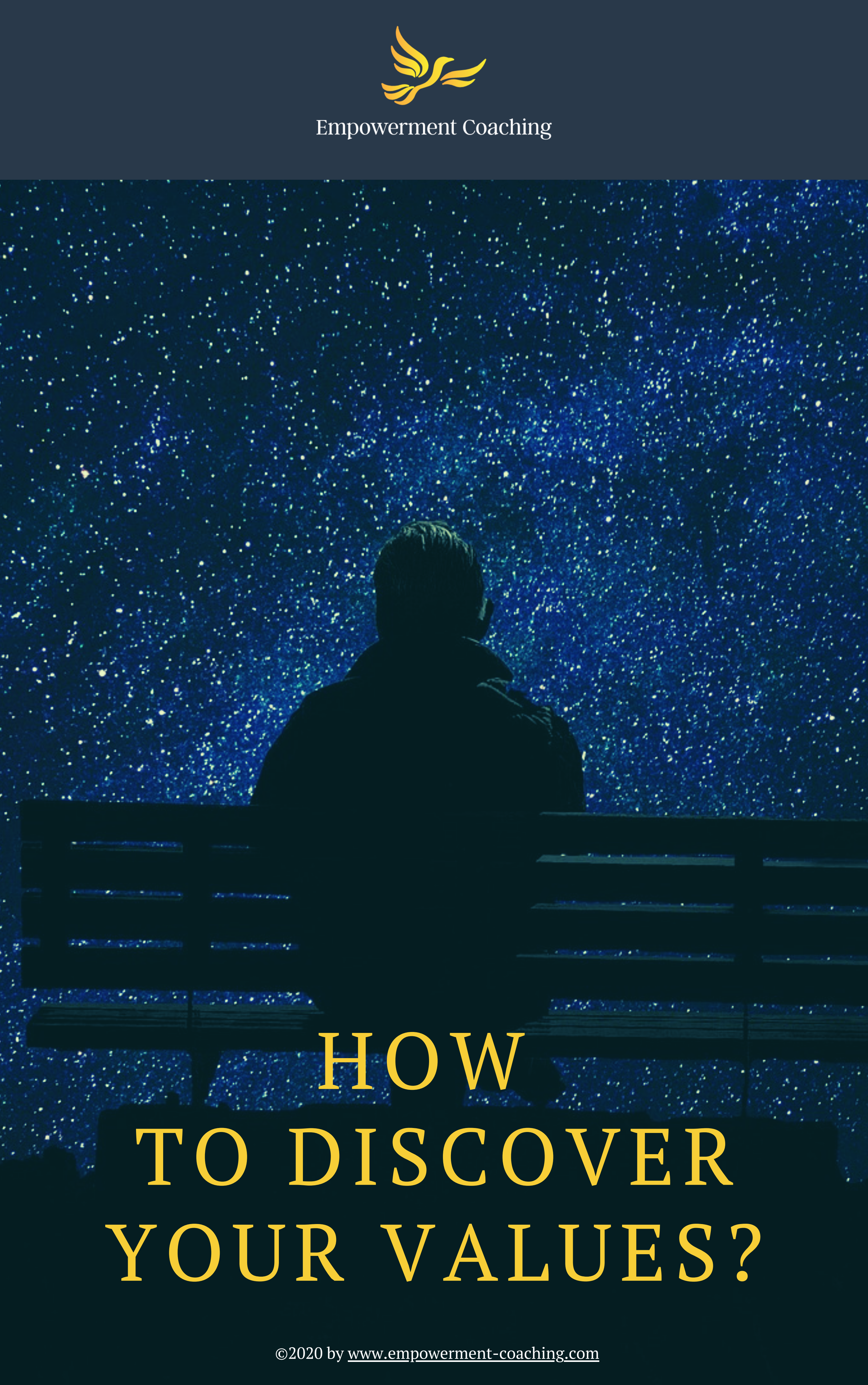




Empowerment Coaching

A silhouette of a person sitting on a park bench, looking up at a vast, starry night sky. The person is centered in the lower half of the frame, and the bench is visible in front of them. The sky is filled with numerous small, bright stars, creating a sense of wonder and contemplation.

HOW TO DISCOVER YOUR VALUES?

What is important to me in life?

HOW OFTEN DO YOU ASK YOURSELF THIS QUESTION?
HOW WELL DO YOU KNOW THE ANSWER TO THIS QUESTION?

I believe this question is very important, and finding a sincere answer is even more important. If something is important to us, we devote time to it. And on what we devote our time in life depends very much what results we get in it.

If we do not devote attention, time and energy to something, it means that "this thing" is not important to us and therefore does not represent our VALUE.

A closer look at this topic can lead us to very interesting discoveries:

- e.g. the answer to the question of why something that we do not want happens to us regularly (part of this thread may be called "bad luck"),
- understand why we respond in certain way to given situations or individuals,
- identify our internal conflicts (and, for example, understand why we feel bad after making a choice, although we have made the best efforts to make the best possible decision)

Why is this so? Because values are filters based on which, we create our inner picture of reality. Also our image of ourselves. Well worked they become a compass that gracefully guides us through life.

THIS GUIDEBOOK WILL GUIDE YOU THROUGH THE PROCESS OF DISCOVERING AND ORGANIZING YOUR VALUES.

The advantage of this process is simplicity. You'll only need silence, a pen, and a few sheets of paper. In addition to specific instructions, you'll also find examples in the description, although there won't be too many to not suggest answers to you and not to influence your choices.

When you're done, you'll get a list of the 10 most valuable VALUES for you, organized in order of importance.

And another advantage of this process is that in addition to realizing what is important to you, you can also hear other, very valuable "aha!".

Good luck!

Ryszard Skarbek



How to discover your VALUES ?

ENSURE CALM, COMFORTABLE CONDITIONS.
IT IS IMPORTANT THAT NO ONE AND
NOTHING BOTHERS YOU.
IT IS BEST TO WORK IN SILENCE. BLOCK AT
LEAST 1 HOUR FOR THIS EXERCISE.

1. Ask yourself: what is important to me in life?

Take a piece of paper and start typing. Don't wonder. Let everything that comes to your mind flow freely from the pen. Write out max 10 items. We'll organize the VALUES later.

2. Then ask yourself: what else is important to me?

In this step, you will discover "second level" values or those that are less aware, less obvious. Remember the moments when you were very motivated to act. Play back these situations in your memory and ask yourself: what guided me then? Try to recreate this moment just before feeling motivated. What was the feeling?

Examples:

- I saw a unique opportunity to show up,
- I felt a desire to make money,
- I saw in my imagination a new fantastic project,
- I had to improve something, improve it,
- I felt fear or anxiety,
- I experienced anger.

What came right before that feeling is the VALUE that guided you.

So, as you work on these examples, ask yourself:

- Is it important to me to be recognized or be appreciated by others?
- Is money or financial security important to me?
- Is creativity or creating new things important to me?
- Is developing or learning important to me?
- Is perfectness important to me?
- Is risk avoidance or safety important to me?
- Is honesty or justice important to me?

Don't judge. Be honest with yourself.
It's VERY IMPORTANT.

Be honest with yourself and don't cheat. Listen to your interior, I would say even "stomach".



How do I organize VALUES in order of importance?

Now we have a difficult task ahead of us. All the more you will need peace, tranquility and focus. This process is not easy, but extremely valuable. Here often there are discoveries and "enlightenment" coming, which can significantly translate into the quality of your life. The first time, in some cases, it will probably be very difficult for you to make choices. You will find VALUES that will be very close to each other.

Don't be discouraged by it. Work, DO IT. This process will pay off.



**If you already have 10 values ordered, you can
complete the process. The ones below will not matter as much.**

IS THIS WHO I AM?

NOW LOOK AT THIS LIST AND ASK YOURSELF



Once again, be honest with yourself. Otherwise, this whole exercise does not make the any sense. This is supposed to be a list of VALUES that you really profess at the moment, not as you would like, or think you should have.

If you notice that some of the items in the list are not really yours, but e.g. your mom, dad, teacher, boss - **start the process again and thank yourself because you've just learned something very important about yourself.**



NEXT PARTS OF THE PROCESS

There are next steps in the process of working with VALUES. This is either grouping values or recognizing conflicting values.

Going through the next steps allows us to better understand ourselves, to realize what we really want and where we deceive ourselves. Thanks to this, our life begins to simplify and, by the way, an inner peace starts popping up.

**More info on: www.empowerment-coaching.com
e-mail: ryszard@empowerment-coaching.com**



**Work for a Cause,
not for applause
Live to express,
not to impress**



Empowerment Coaching

QUESTIONS INSIGHTS GROWTH