

VALUES & IDEALS

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world"

-Buddha

WHAT IS A VALUE?

Our ideas around what is important in life; where we actually place our time and energies in our daily lives.

WHAT IS AN IDEAL?

The best our imagination can offer a situation; where we would like to see common energy focused and thriving

MAKING A LIST & CHECKING IT TWICE

Peruse the list of 26 different subjects in the next column and consider each subject from each of two different perspectives:

1. Determine if/how each of these subjects holds **value** in your life, allowing you to easily identify your personal core values
2. Using the depth of your imagination, picture your **ideal** vision for each concept, allowing you to easily identify some core ideals.



OUR RAW
MATERIAL

This list is just to get you started identifying and classifying the things in front of you every day.

It provides a natural ability to discern what is important when conflict or emotions are engaged, as well as identifying and aligning with intentions.

STARTER SUBJECTS

| | |
|--------------|--------------|
| Home | Childhood |
| Family | Health |
| Body | Money |
| Work | Fun |
| Religion | Art |
| Cooking | Cleaning |
| Spirituality | Passion |
| Sex | Social Media |
| Sports | Politics |
| News | Friendship |
| Travel | Style |
| Adventure | Giving |
| Service | Image |

ANALYZE THIS

Jot down 2 lists: first, your core values and next, your core ideals. Review each list noticing whether they line up to each other as well as you would like. Play close attention to the expectations you place on yourself and others this week. Are they centered around values and ideals? Keep this discussion going....