

MINDSET DAD

Identifying Your Core Values

Ideally, you want to be setting goals and heading in a direction that is in alignment with your positive values (and beliefs). Your brain naturally wants to move towards things that are positive and away from things that are negative.

Take some time to think about the values that you hold closest to your heart.

What are the values that you most honour in your life?

Which are the most important?



List your top 10 values from the list above or by creating your own and give each of the values a score from 1-10.

This number indicates the extent to which you are living out this value in your daily life. Some of your values will have the same score. It's normal if they do.

Values	Score
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

For example:

1. Honesty (6)
2. Integrity (6)
3. Family (9)
4. Helping others (9)
5. Work ethic (9)
6. Adventure (4)
7. Patience (5)
8. Empathy (7)
9. Strength (8)
10. Pride (9)

Look at the ones that are scoring less than 7. If you feel this value is very important to you and you are trying to suppress it, it may be impacting your well-being and happiness.

It could be that you are working in a role that requires some form of 'bending the truth'.

This might mean tolerating unacceptable behaviour that doesn't sit well with your values.

Alternatively, you might have valued 'adventure' all of your life. You thrive on it. However, you have less opportunity to experience adventure in the same way since becoming a dad.

Is this still as important to you?

For example, how can you still fulfil that need for adventure?

It's great to have a better understanding of the impact of your values as the ones you listed may be very different to the ones you used to value as a boy.

Why not create a goal helping you to reintroduce one of your core values back into your life?

Write down a short sentence defining your goal. Break down this sentence to what you can achieve in the next 2-4 weeks. Finally, break it down again to what action you can take today, to move you one step closer.