

Living by Values

Your Inner Compass for Growth & Leadership

Quick recap

The meeting focused on exploring and understanding personal values as fundamental guiding principles that shape our consciousness and behavior. Through various discussions and exercises, participants learned about the importance of recognizing both desired and less desirable values while maintaining flexibility and openness to different experiences. The group explored practical applications of value-based leadership and personal development, including strategies for addressing behavioral changes in family dynamics and aligning professional goals with core motivations.

Summary

Understanding and Working With Values

Annie led a discussion on the importance of understanding and working with values, comparing them to invisible railroad tracks that guide our lives. She explained that values are like the skeletal structure of our consciousness, influencing where we place our attention, energy, and resources. Annie emphasized that values are often hidden and can be difficult to see, requiring observation of behavior rather than self-reporting. She stressed that trying to change someone's values through shame or criticism is ineffective, instead advocating for neutral reflection and showing people how their current values may not be serving them.

Embracing Diverse Values for Growth

Annie discussed the importance of holding both preferred and less desirable values to enable personal growth and effective leadership. She emphasized the need to be flexible and open to the full spectrum of human experiences, including understanding and choosing not to engage in anger or danger, rather than being stuck with either extreme. Amala shared her realization about the potential blind spots created by strongly valuing her values, and Annie encouraged exploring the full range of values to avoid rigidity and enhance personal power.

Balancing Kindness and Self-Preservation

Dana and Annie discussed the importance of balancing kindness with self-preservation and the need to prioritize one's own well-being before caring for others. They explored how Dana's upbringing influenced her approach to relationships and how she can adapt her values to better

support her son, Quillen, who is currently dealing with his own challenges. Annie advised Dana to focus on believing in Quillen's strength during his transformational journey, emphasizing the importance of providing emotional support without enabling dependency.

Behavior Change for Teen Driver

Annie advised Nancy on how to address her son's behavior of leaving the gas light on in her car. She suggested that Nancy focus on getting behavior change rather than expressing frustration, as the two cannot be achieved simultaneously in the long term. Annie recommended that Nancy first calm down and get untriggered before making a transformational request to her son. She emphasized the importance of inspiring the future version of her son that wants to do the right thing, rather than shaming the past version.

Values Exploration Group Exercise

Annie led a group exercise on exploring deeper values by asking why questions to uncover fundamental motivations. She instructed participants to practice this technique in pairs, focusing on business success goals, and explained that once values are identified, they can be used as a carrot to motivate action. After a 30-minute practice session, the group reconvened for a debrief where Pamela shared her experience of exploring values without strictly following the rules, which Annie acknowledged as acceptable.

Values, Power, and Personal Growth

Natalie shared her realization that she is motivated by values of fulfillment and creating shared reality rather than money, and discussed how she plans to align her actions with these values. Annie encouraged Dana to embrace her expertise in teaching embodiment and sexuality, suggesting that humility should not be confused with false modesty. Dana expressed a sense of transformation and growing awareness of her own power, which Annie interpreted as a positive step forward in Dana's personal development.