

What is your deepest innermost value?

What is a value? It is something that you think is important or worthy or useful.

Your personal **values** are a central part of who you are – and who you want to be. By becoming more aware of these important factors in your life, you can use them as a guide to make the best choice in any situation. Some of life's decisions are really about determining what you **value** most.

Please think about what you value

Write down the first word that comes to you and then repeat this twice more.

1. _____
2. _____
3. _____

Look at the list and select the one that feels the most important to you.

Repeat this word for a minute every day and notice the difference. Do this for 10 days or for life.

You can do this with your own words and breathing: eg, “I breath in love, I breath out kindness’. OR “I breath in confidence, I breath out fear”. When you create your own personalized meditation the affects are more powerful and long lasting.

You can also ask:

What is my deepest relationship value?

What is my deepest communication value?

What is my deepest innermost value?

Look at all your words. These are the values you can use in all your interactions. If you get the other person to do it, you will be able to talk about anything. You can share these values, it helps.

Adapted from Mark Waldman www.markrobertwaldman.com