

# Who Are You?

## Establishing your Core Values – Setting a True Course

Our Core Values (our **Blue Print**) are what drive us and give us a sense of purpose and direction, removing the internal debate on every decision; who we are and what we want becomes crystal clear to us.



**Here is an ‘Abridged Version’ of how to fast track and get clear on those core values.**

*(Note, there are more extensive applications of Values, feel free to explore them)*

Total time – approximately one hour +-

### CREATING THE **NEW BLUE PRINT**

In order to work out what the new **Blue Print** will be it's a good idea to find out where you are right NOW!

#### Who am I right now?

Building the life you'd like to inhabit is like building a new home, this part is the preconstruction phase.

Who are you right now?

What are your foundations?

Where you are is a result of your current thinking and behaviors, which is neither right nor wrong.

What we're looking at is where to from here.

Before you meet with the architect to map out the home of your dreams, you first want to have a good idea of what you have now so that you can create what you want moving forward.



- Finances
- Health and Well-Being
- Relationships – Partner
- Relationships – Friendships
- Relationships – Children
- Parenting
- Physical Environment
- Fun and Recreation
- Personal Growth / Spiritual

Write down thoughts you have about where you are at under each of the headings stated above.

#### Example

##### Relationships - Partner **NOW**

- Distant
- Argumentative
- Directionless
- Little or no communication
- Still love each other
- Just restless
- No time for each other

Do an inventory on what is going on in all the areas of your life RIGHT NOW

Just allow all the random thoughts and feelings to be poured onto each of the pages.

### STEP 1

Treat yourself to a journal heading it up  
**PROJECT ME**

Write up the headings below, leaving several pages in between each heading so you can return to them to add more insights.

Career

### STEP 2

When that is complete, run through these questions below in your mind and see what else comes up for you.

- What have I learned about my life right now?
- Were you surprised by what you found?
- What surprised you?

What areas are your strongest foundations at the moment?

Which areas require the most attention?

Are these the same areas that ALWAYS get less focus in your life?

What is your reaction to what you've learned so far about you?

Are you excited? Encouraged? Discouraged? Overwhelmed perhaps?

How did doing this make you feel?

If you are fired up and ready to go, that's great!

If you are feeling discouraged or overwhelmed....

Take heart. How can you change something if you are not aware of what you want to change!

**It's now time to de-clutter and prioritise; it's time to add value to what it is that you do want and how you get to show up.**

### STEP 3

Take one heading at a time to create your new **Blue Print** and ask yourself the following question in order to solicit your NEW **BLUE PRINT**.

For example, in the context of Relationships - Partner, what is **important** to me about that?

*Note some of these values will cross over, and you'll be able to bring them together later.*

**Example:-  
Relationship – Partner  
New Blue Print**

Fun  
Open communication  
Honesty  
Emotionally supportive  
Compassion  
Understanding  
Trust  
Friendship  
Love  
Integrity  
Passion

Keep going until you have an exhaustive list of about 15 or 20. Allow yourself free range, brainstorming all the ideas and thoughts to cascade down onto your pages.

You may find you get to about 8 or 9 and think that's it! Please note, it's NOT, dig deep as that is where the gold is found!

Remembering to ask yourself:-

**What is important in the context of each heading**

### STEP 4

Now that you've an extensive list of what your values are under each heading, let's fine tune them.

Take each list under each heading and place them in a hierarchy of importance. Contrast your values until you have your top 5.

Note: - This part of the exercise can be done with a facilitator to do a 'Contrastive Analysis'. However, this is an abridged version of values which is starting point in defining the top 5 on your own.

Ask yourself what do my core values require to be in order for me to evolve to the person I desire to be.

For example, in the context of Relationships - Partner, what are the most important qualities or values in me that I desire in a partner?

**Relationships – Partner  
New Blue Print  
TOP FIVE**

**Open Communication  
Fun  
Honesty  
Love  
Passion**

### STEP 5

Now you have your Top 5 Core Values in each area of your life, which is now your New **Blue Print**; write them out on coloured cards and place them, where your subconscious mind can continually be aware of them as you come across them. For example place one a week in your wallet or all on your bathroom mirror.

Just as we no longer are the same people we were at when we were 5 or 15, so too do our 'values' change! In updating our values every six months or so, helps us to re-evaluate who we are and what we stand for, thus adding value and dimension to our lives.

**Below are some questions you might like to ask yourself, which are designed to help to further 'tease out' values you may not have considered.**

#### Career

What would you do even if you didn't get paid?

When you were a child, what did you say you wanted to be when you grow up?

What are you good at or love that could translate into career options?

Who do you hang out with? What networks or associations or groups are you a part of that enhances your current (or future) career?

What have you learned about yourself? What surprises you? What feels good? What feels tired and worn out? What inspires you?  
It's never too late to do something you love!



### **Finances**

How much money do you make right now?  
How much money have you saved up?  
Do you have any investments?

What would you like to have to take you comfortably into retirement?  
What about children, have you a fund aside for their further education?  
What about day to day, tracking of finances?  
What about credit card debt, how do you manage that?

In the absence of a financial guru, or Santa Claus looking over your shoulder, what can you deduce from what you have written?  
Will the foundation you have established take you where you'd like to go?  
What makes you proud as you read over your answers?  
Consider how you can improve your situation.

### **Health & Well-Being**

What is the current state of your health?  
What are your eating habits?  
Are you happy with your weight?  
How is your emotional wellbeing, your stress levels, your moods and energy levels?  
What could you do to improve your well being?

On reading over your answers, does this reflect someone who really loves and cares for themselves?  
Are you proud of how you care for your physical being?  
What did this exercise teach you? .

### **Physical Environment**

What do you like about your current physical environment (home)?  
What do you like or dislike about your home?

What do you require to do to physically change it?  
What is under your bed that requires cleaning out!

What did you find? Is there an orderly civilization living in this home or is it the land of chaos? After reading what you wrote, what is the dominant feeling you get? What do you most want to rush out and do right now? In addition to your values, consider a side list: a To Be Done list that would improve your physical environment and do one item today!

### **Relationships - Partner**

On a separate page, make a list of all the people you've had a romantic relationship with.  
Circle the ones that were important, meaningful – Next to each circled name, write down the top three things you learnt by being in a relationship with this person.  
What patterns did you see in your relationships, if any? What did you learn about yourself?

Write a list of attributes you're looking for in a potential partner (or in your current partner).

Write a list of what you think you contribute to a relationship – be through. Whether you have a partner or not, what is the single most important thing you think you can do to make any relationship stronger?

If you do not have a partner and desire one, what is your plan to meet someone?

What happens when you read your answers?  
What emotions come up for you?  
What have you learnt about yourself?



### **Relationships – Friendships**

The friends you interact with are a reflection of what you value.  
Are the friends you spend time with aligned to your values?  
Do you spend precious time with people that when you leave their company, you feel drained, or inspired?  
Who do you love the most? What do they mean to you? Who else is close to you?

If you had a big circle and your family and closest friends were at the centre (call this your 'A') list, who would be in the innermost layer?

What makes them so?

Who'd be in the next circle (your 'B') list?

Who fits into the acquaintances category?

Does anybody require to be removed?

Give some thought to some of those relationships that you would rather let go of and what makes you decide that.

Check in with yourself, do you feel blessed with your friendships?

Do you feel you the time you spend with them is sacred and worth the sacrifice?

### **Relationships – Children**

How do you relate to your children?

Do you give them the time and attention they deserve?

Do you give in too quickly just for the sake of peace?

What kind of relationship do you want with your children?

What are you prepared to do in order to have that?

What did you not get as a child that you would want your children to have?

Are you going overboard to compensate for your perceived losses?



### **Parenting**

Do you have each other back when it comes to disciplining your children?

In what way will you share the load?

What agreements can you put in place before all rational thinking goes out the window in times of crisis?

What do you both agree with?

What do you both disagree with?

Where are you both willing to meet halfway?

Despite being parents, what will you do to keep your relationship alive?

When deciding on having children, it's a valuable exercise to sit down with your partner and talk about what is important to you in relation to your children's well-being. Your parenting styles.

This can save a lot of heartache down the track!

### **Fun and Recreation**

What did you do for fun when you were a child?

What about in high school or in your early twenties?

What do you do for fun now?

List twelve or so things you've done for fun in the last three months.

Do you have any creative hobbies or other activities you regularly pursue?

What else can you do to improve your fun and recreation time?

What inspirations did you get from doing this? What are you likely to do differently as a result identifying these? If you want more physical fun or; if you require 'me' time, factor these in.



### **Personal Growth**

What are you seeking in your spiritual life?

What activities do you regularly practice to help you grow and deepen?

Do you pray, meditate, do yoga or tai chi or other meditative activities?

What outside sources could you learn from?

Are you a lifelong learner, spiritual seeker? Does this part of your life, your soul's growth and your own pathway to greatness get the attention it requires?

As you contemplate your answers what comes up for you?

What helps you to be your best self, how do you want to grow and evolve, what guides your philosophy, values morals?

Knowing what you value and how much you value it, is the fire that illuminates the dark. The world is full of so many lights that others want you to walk towards. Re-evaluating who you are and what you want regularly, helps keep your eyes firmly fixed on the light, of what you value and what's important to you.

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