

The Empowerment of Authentic Values

By Jeremiah Gruenberg

Our life choices are often based on motivations that we don't completely understand. To achieve authenticity, fulfillment, and contentment, we must first uncover these hidden motivations.

The most foundational aspect of what motivates us should be our values. Values are the personal principles that you wish to live by. They are the ideas that represent what is most important to you. You can never be your true, authentic self without first understanding your personal values and determining to act according to those values.

When you are not living according to your values, you will be unfulfilled, confused, and possibly even stuck in self-loathing. If you are frustrated with your life but don't know what to do, it is because you are not clear on the values that motivate you.

The process of discovering your values does not have to be difficult. In its simplest form, you are simply getting in touch with what you care about.

Writing out your values is an empowering act of self-knowledge.

Once you know your values, you can objectively see how you should be living your life. You can begin to make choices that reflect your values.

Further, you are able to objectively see where your life does not line up to your values. In doing so, you can begin to make changes in your life that prioritize your values.

There is an empowerment in understanding your values and putting them into action. It creates positive consequences for you and others. Living out your values establishes your personal authenticity. In turn, greater authenticity leads to life satisfaction, creativity, deeper relationships, and higher levels of self-understanding.

Take ownership of your life. Discover your values and follow them.

Examples of Values:

- ◆ Self-honesty
- ◆ Helping those who are less fortunate
- ◆ Music is an important aspect of my self expression
- ◆ My children's success
- ◆ A deep spiritual life

Need consulting, coaching, or speaking on this topic?

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