

Tapping into Your Money Potential It's All About Values!

By Gayle A. North

"Values are the base that defines our responses to any given situation in life. They are the ultimate key to understanding and predicting your own behaviors and the behaviors of others-- the master key to unleashing the magic within."

– Anthony Robbins author of "Unlimited Power"

Defined values help us to know ourselves. Your values are your own individual beliefs about what is important to you. If the way we live our life and the activities we engage in are congruent with our clearly defined values, we will enjoy a feeling of personal wholeness, peace and happiness.

This applies to how we spend our time, what we do for a living, how we spend our money, what we wear, who we marry, the education we choose, how we raise our children, etc.. We adopt many of our values from the cultures we are raised in – from family, clergy, friends and teachers. Values are something that most people have given very little conscious thought to and yet our values are the engine running our life. Sometimes our values conflict with each other and we are not even aware that the pain we experience is caused by a conflict in values.

If a person creates the experience of obtaining a certain thing but is secretly wanting something else, he will not be happy or satisfied. If achieving a goal requires you to violate your belief about right and wrong, inner turmoil will result. If we strive for a goal because someone else thinks it is a good thing for us to do, we usually suffer some pain when we realize it wasn't what we would have chosen.

Defining our highest values allows us to put the emphasis on **"BEING"** – or on the **"WHO AM I ?"** - and- **"WHO DO I WANT TO BE?"**

WHAT ARE YOUR VALUES?

Remember – You get to choose them!

Take a few minutes to go through this list and define your ten highest values as you want them to be. Then prioritize them and number them one through ten as you write them down on a sheet of paper. (Feel free to add some values to the list if yours aren't listed here.) If you have a partner in life, it will be a lot of fun for both of you to do this and then share with each other. **Fulfillment, Happiness, Health and Healing, Spirituality, Contribution, Love/Warmth, Adventure, Power, Passion, Comfort, Freedom, Success, Intimacy, Passion, Intelligence, Integrity, Honesty, Investing, Creativity, Gratefulness, Achieving, Learning and Growing, Fun, Cheerfulness, Making a difference.**

Now that you have your list of values, check each one by asking yourself; "What benefit do I get by having this value in this position on my list? In other words, if Freedom is in your number one position, check whether this is the best place for Freedom. Then ask what could having Freedom at the top of my list cost me?

You may realize that having Freedom at the top of your list could cause a conflict with your value of Intimacy, for instance. If that is the case re-define your values or re-prioritize them so that they support your highest potential for your well being and the well being of those you love.

Go through your list in this manner to be sure that your values are accurate and in the right priority positions for you at this time in your life. You can adjust them as your life changes.

Now ask the final question of Life. "In what order do my values need to be to realize my ultimate destiny or purpose?" Then wait for insight and make any adjustments you are inspired to make.

Now look at the top five values on your list and ask yourself what goal you would like to set for each of the top five - a goal that would enhance your experience of each value. For instance, if one of your top five values is Adventure, ask "What can I do that will enhance my experience of Adventure?" A trip or an activity will come to mind. Write it down next to the value. Be specific and clear about what you want to do and set a timeframe to accomplish the goal. Ask yourself what you can do in the next 48 hours to start the ball rolling on this goal. Perhaps you will get some travel brochures or research something on the internet. Determine how much money your goal will take and begin planning a way to create the money for it.

If one of your top values is Integrity, you might want to set a goal to pay off a long standing debt to a family member or clear up a misunderstanding with someone you weren't totally truthful with. You can be sure that if Integrity is important to you and you are not keeping your agreements to creditors, you are out of harmony with your own prosperity. Clear up inner conflicts and set things right to be true to your value.

Health may be one of your top five. If so, you may want to be more fit or heal a physical condition that holds you back from living to your fullest. Ask Life to show you how to do this. Maybe you will go to a spa for a couple of weeks, maybe you will get a fitness trainer to work with you, maybe you will do a juice fast. Some ideas will surely come to you. Envision your goal and do something to get started on it now.

Our money will support us in a meaningful and magical experience of our life if we know our values and put our money to work for us in the areas of our life that are truly important to us. Money is energy and it is available to support who we truly are. Working, Saving, Spending, Doing, Praying, Loving, and Relating from our priority values assures happiness and satisfaction and a connectedness with Life, Ourselves, and Other Human Beings we share our lives with. Isn't that what we are all looking for?

CONSCIOUSLY CHOOSE and CONSCIOUSLY USE YOUR VALUES.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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