

# 3 Dimensional Success

Welcome to Inspired Living



Welcome friends,

I hope the promise of Summer is keeping you excited and energetic!

This edition is all about Values!  
What are they I hear you ask?

A value is something which is important to you. Examples of values are, freedom, wealth, love, family, peace, health and so forth. You each have a list of values by which you live, regardless of whether you are aware of them or not.

If family is very important to you, then you may assume that you spend a lot of your time with your family. If creating wealth is important to you, then you may assume that you spend a lot of time doing just that. However what's particularly interesting here is that what we believe is important to us can differ considerably to what we actually spend our time doing. You may think you value family but actually spend very little time with your family. You may think you that building wealth is important to you but how much time do you actually spend doing that? So our lives reflect back to us what we value which may differ from what we think we value. Would you like to get to know yourself more, here's a sure fire way to ensure that you do.

1. Ensure you are alone, find a quiet place, perhaps have some of your favourite relaxing music in the background. Then start thinking about your values. What's important to you, list them in order of importance. List your top 10 values. Let them "sit" for a few days or even weeks and if need be, you can rearrange them.
2. Complete the attached questionnaire very honestly and you will become aware of what's important to you. Now here's the thing – you may be convinced that you have a particular set of values but after you answer the questionnaire you may well find that what you claim is important to you is not what you are necessarily spending your time, energy and money on.

Sometimes we focus on what we are expected to focus on but are they always the very things that are important to us or not? I encourage you to have a play with this, have some fun as you get to know yourself even more by identifying with your values. Your values drive your decisions so if you become more aware of your own set of values, you live your life according to them, and the greater the peace and contentment you experience.

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Good Luck with the steps you take to create that for yourselves and stay tuned for the next article which is all about goals.

Questions, feedback and article topics welcome at [tl3dimensionalsuccess.com.au](http://tl3dimensionalsuccess.com.au)

Until next time

Tania Lambert

3 Dimensional Success—coaching for success

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## Values Elicitation Questionnaire:

1. How do you fill your space?
2. How do you spend your time?
3. How do you spend your energy?
4. Where are you most disciplined/reliable/focussed?
5. Where are you most organised?
6. What do you think about?
7. What do you visualise?
8. What do you talk to yourself about?
9. What do you talk with others about?
10. What do you react to?
11. Where are your goals?

These questions are designed by Dr John Demartini

Take the time to explore what's really important to you in the context of your life. It's one more step toward living congruently with your true self.