

## Coach's Corner

# Know your values

By Sharon Pahlka, Kidney patient and life coach



Imagine if you could use your gifts and talents to the fullest, do what brings you great joy and be with the people you love. Wouldn't that be fulfilling? This is a picture of a person living according to what he or she

values most. When you align your work and life with your values, your longing for a meaningful life is satisfied.

Values are the behaviors, activities, and preferences that you are naturally drawn to. Values are not morals or "shoulds." A person's value of high recognition, for example, is neither good nor bad. Values are who you really are.

Our choices give us clues to our values. If we choose to not hold grudges, we might value forgiveness. If we faithfully choose to be on time, we probably value punctuality. Those who spend lots of money and time on clothes probably value looking good. Other values could be adventure, beauty, honesty, teaching, spirituality, encouragement, competition, excellence and inspiration.

When we take the time to investigate and know our values, we put ourselves more in charge of our lives, understand ourselves better, and make decisions that are truly right for us that bring the fulfilling life we long for.

**Coaching Tip:** Invest time and energy to define your values and then live them.

### Homework:

- Make a list of seven qualities you had as a child. These qualities were naturally who you were with no effort.
- Make a list of seven times in the past four years you were at your best, living your values.
- Ask three people who know you well what your values are.

Use the above lists to come up with 3 to 5 bottom line values. Pick one of these values and then list habits that go along with this value. If one values health then they could eat low-fat healthy food, exercise three times a week, and do relaxation exercises. If a person values wealth, they could learn about investment and put a percentage of their income in savings. The idea is to be aware of your values and live them.

**Quote:** "The privilege of a lifetime is being who you are." — *Joseph Campbell*

**Resources:** E-mail: [Sharon@lifeisagift.com](mailto:Sharon@lifeisagift.com) for a free list of values to help you.

*Sharon Pahlka is a life coach and speaker at conferences and seminars. Her specialty and passion is working with and speaking about people who face chronic health challenges and those who care for them. She especially loves speaking to patient groups and to the health professionals that care for patients.*

*Sharon was on dialysis for 19 years and has lived with a kidney transplant for the last 14 years. She is a member of Northwest Kidney Centers' Regional Council North. To learn more, visit [www.lifeisagift.com](http://www.lifeisagift.com).*