

Wellness At Work - Simple Habits For A Happy Workplace

October 2016 - Live your values for better wellbeing & less stress

How often do you stop and ask yourself what things are important to you, what you value most in life? More importantly, do you live your life according to those values (instead of other menial things that it is easy to waste time and energy on). When you're living in a way that is aligned with your values, you're less anxious, less stressed and have less cause to worry about your choices / actions. This month's Wellness Habit outlines why knowing what your values are and living in accordance with them can save you a lot of energy and stress, having a positive impact on your wellbeing. Outlined below are a few different ways for you to assess your values so you get a clearer indication of where you should be focusing your energy. After all, if the business you work for has core values, shouldn't you...? Now it's your turn to identify your values.



Here is a personal core values exercise for you to try: grab a notebook, it's essential that you get your thoughts down on paper. Find a quiet space, no distractions, and give yourself at least an hour to reflect on each section.



1. Contemplate and describe the following in detail:

What have been your three greatest accomplishments?
What have been your three greatest moments of efficiency?
What are any common rules or themes that you can identify?



2. Contemplate and describe the following in detail:

What have been your three greatest failures?
What have been your three greatest moments of inefficiency?
What are any common rules or themes that you can identify?



3. Identify three or four brief sentences of advice you would give to yourself based upon these commonalities.



4. Now reduce those sentences to a few key words. For example: If your recommendation is: 'Don't overindulge in alcohol,' reduce that down to 'exercise moderation when drinking,' or even 'moderation.'



5. Now comes the fun part :) It's crucial for you to test each value. Think of a situation where following your core value hurts you rather than helps you. For example, you might think 'innovation' sounds good until you realise that your life thrives on stability rather than constant change. You really need to go through this process carefully and thoughtfully. If you can't identify a legitimate case where the value steers you wrong, you probably have a good core value.

This process takes focused time and deep contemplation. Try doing it with someone you trust. Then you'll get honest feedback and you can help each other. It may require several discussions over weeks or even months. Your values may adjust and develop over time just as you do, so embrace the change. As Mahatma Ghandi said, 'Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.'

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