



PERSONAL CORE VALUES CONSIDERATIONS

Living A Self-Defined Fulfilling Life

By

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PERSONAL CORE VALUES

Considerations

PERSONAL AWARENESS IS THE KEY

RESEARCHED, DEVELOPED and PRODUCED
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Foreword

An individual's "Personal Core Values" are the driving force by which people who are actually living their self-defined *Fulfilling Life* focus their living on a daily basis. As you pursue your *Fulfilling Life* it is important for you to be very careful when selecting your role models, whom you hang out with, and what you watch, listen to and read.

Neither forget nor ignore that only you are responsible for your decisions throughout your entire lifetime, regardless of your age. Discipline yourself to challenge your initial thoughts and conclusions. By understanding what you believe, decision-making will be much easier. Your core values are very personally yours. Be careful about ever allowing anyone else to determine them for you.

Clearly understanding how the mind works is *WHY* people living their self-defined *Fulfilling Life* continually engage in personal growth and self-improvement activities.

Results are the outcome of a very specific and unwavering creative process. If you want to change the fruits, you have to change the roots. If you want to change the visible, you have to change the invisible.

The Key to a *Fulfilling Life* is not how much you know but how self-aware you are.

Life Is Exciting When You Make It That Way

Happiness depends upon ourselves.

Repetition is the mother of all learning.

We are what we repeatedly do.

Excellence, then, is not an act, but a habit.

~ Aristotle

*Once a person's mind is stretched to a new level,
their mind will never return to their smaller way of thinking.*

~ Oliver Wendell Holmes

It is through repetition that you learn because you will see and understand the same material differently each time you repeat it. The material does not change, YOU change.

~ Albert Einstein

A Story About Albert Einstein

Professor Einstein gave his students a test paper. Einstein, although he was a genius, was known for being a bit unorganized.

When his students opened the test paper they quickly realized he had given them the previous year's test papers. The students were all smiling and whispering that he had really messed up. When one student informed him he had given them last year's test, Einstein replied, "I know". Another student spoke up and said, "But, Sir, it is exactly the same test." Again,

Einstein replied, “I know.” The students were all very puzzled by this. Einstein then said, “The questions are the same but your answers will be different.”

The point: your deepest personal questions very rarely change but the answers do. By going over something again and again you will learn something different from the last time.

When you are watching a movie for the second time, you will see, hear and think something different than the first time. It is almost certain you will take away something different.

Again, the material never changes but during the second, third, or more review you will have a higher level of awareness to accept it. You will most certainly discover that some material does overlap with other things you might have heard or read somewhere.

You have a very exciting life ahead of you. Otherwise, you wouldn't even be reading this.

Be Intentional; Prepare for Your Year Ahead

There is no consciousness without pain.

~ Unknown Author

Look back at your year just gone by. Ensure you make the most of your coming year. Use the three-stage process of reflection, preparation and participation. Practicing these three stages will change you into a success-focused person. Our habits either make us or break us. Our habits are either moving us toward a specific goal/objective, or they are not. Developing this three-stage habit will last your lifetime.

Accelerated Growth

Reflection, preparation, and participation helps you accelerate your personal growth and your improved results that will come from it. However, you must do more than just read about it.

Discipline yourself to develop these three stages as a habit. You will be so very glad when you do. The results will amaze you.

Where attention goes energy flows.

~ Ralph Waldo Emerson

Experience teaches nothing unless you reflect on what you have learned from the experience. The value of an experience is significantly reduced if the experience isn't prepared for. Like life itself, if you want a lot out of something, you have got to put a lot into it. You can't get a lot out if you're half-hearted or you just "dabble".

Leadership begins with self and is expressed through personal discipline. You will be unable to lead others until you lead yourself *effectively*. No one follows a poorly-disciplined person.

Life does not give you what you want; life gives you who you are. Life brings to you what you bring to life.

The *becoming involved* process has three stages: 1) Prepare 2) Participate 3) Reflect. Remember, experience teaches us nothing unless it is evaluated. You've just lived an entire year of your life, and no doubt it will be rich in experiences.

Conclusion

The choice of Reflecting, Preparing and Participating is purely yours. The largest performance gap in life is the gap between knowing and doing.

You now have a powerful process to leverage the major experiences and insights offered from your past year of life. And, you have just identified an entirely higher level of thinking for the year ahead of you.

Be careful about wasting such an opportunity. Enjoy the process of becoming more. You were born for precisely that purpose. You will amaze yourself with your progress toward living your *Fulfilling Life*. Enjoy the ride!

Do You Ever Think About What You Believe and Why You Believe It?

The United States Constitution is the Supreme Law of the United States of America.

(An Excerpt)

Declaration of Independence: a transcription in Congress, July 4, 1776

The unanimous declaration of the 13 United States of America, when in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them a decent respect to the opinions of mankind requires that they should declare causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable on Rights, that among these are life, liberty and the pursuit of happiness.

We the people of the United States, in order to form a more perfect union, establish Justice, insure domestic Tranquility, provide for the common Defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

ONE OF THE VERY FIRST ACTS OF THE UNITED STATES CONGRESS IN 1782 was to actually commission a publishing of the Scriptures in America so that people could have free access to the Bible. The very government that in 1962 – 1963 removed prayer and Bible reading from our schools is the one that at the founding of the United States of America was desperately seeking to get the Bible into as many hands of the people as it could. It is interesting to note that 28 of the signers of the Constitution were formal ministers of the Gospel. So much for our popular conceptions of the separation of Church and State!

According to the authors of the *Declaration of Independence*, our Creator gave each of us the right to life, liberty, and the pursuit of happiness.

You have to have faith and you have to believe in yourself.

~ Former Governor George Pataki

State of New York

Whatever your beliefs, preferences and terminologies are about religion or whether you believe in religion of any description, the principles put forth in the Bible about living by your personal core values are hard to argue with. As a reference text concerning the topic *Personal Core Values* the Bible has powerful insights that should be given serious consideration. Whatever you believe in is beside the point.

Your personal core values about your life are your choice and yours alone. Carefully protect them. Your personal core values will ultimately determine your integrity through the ethical standard that you establish for yourself.

Multitudes of highly successful people throughout recorded history profess a profound belief in a Higher Power. It is a good idea to give that fact serious personal thought. When you are satisfied with your personal conclusion, act in your own best interests.

Concerning Religious Belief

Whether you believe in a Higher Power is your personal choice. If you do not,

- have you asked yourself and fully understand “Why” you do not believe there is a Higher Power?
- have you asked yourself on “What” you base your belief that there is no Higher Power?
- “What” have you done to investigate “Why” you don’t believe?

It is not necessary to respond to anyone to the above questions. Respond only to yourself. You very well might be shocked at what you have not learned about belief, faith, the importance of understanding and establishing your own personal core values – your personal core beliefs.

INTRIGUING QUESTIONS:

- Do you believe you are a product of intelligent design?
- Is there a reason “why” you are not here on this earth by chance?
- Are you here to just “fill in empty space”?

The 12 Natural Laws

1. The Law of Divine Oneness

The first out of the 12 Natural Laws helps us to understand that we live in a world where everything is connected to everything else. Everything we do, say, think and believe affects others and universe around us.

2. The Law of Vibration

This law states that everything in the universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feelings, desires, and wills in the spirit-like world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

3. The Law of Action

Law of Action must be applied in order for us to manifest things on earth. Therefore, we must engage in actions that support our thoughts, dreams, emotions and words.

4. The Law of Correspondence

This law states that the principles or laws of physics that explain the physical world -- energy, light, vibration, and motion -- have their corresponding principles in the spirit-like or universe. "As above, so below".

5. The Law of Cause and Effect

This Natural Law states that nothing happens by chance or outside the universal laws. Every action has a reaction or consequence and we "reap what we have sown."

6. The Law of Compensation

This law is the Law of Cause and Effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.

7. The Law of Attraction

This law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like

energies. Negative energies attract negative energies and positive energies attract positive energies.

8. The Law of Perpetual Transmutation of Energy

This 8 out of the 12 Natural Laws is a powerful one. It states that all persons have within them the power to change the conditions in their lives. Higher vibrations consume and transport lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to affect change.

9. The Law of Relativity

This law states that each person receives a series of problems for the purpose of strengthening the Light within. We must consider each of these tests to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others' problems and put everything into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position. It is all relative.

10. The Law of Polarity

This law states that everything is on a continuum and has the opposite. We can suppress and transform undesirable thoughts by concentrating on the opposite pole. It is the law of mental vibrations.

11. The law of Rhythm

This law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of Our Creator's universe. Masters know how to rise above negative parts of the cycle by never getting too excited or allowing negative things to penetrate their consciousness.

12. The Law of Gender

This last out of the 12 Natural Laws states that everything has its masculine (yang) and feminine (yin) principles, and that these are the basis for all creation. This spiritual Initiate must balance the masculine and feminine energies within herself or himself to become a Master and a true co-creator with Our Creator.

NOTE: You'll find these Natural Laws referenced not only by scientific "giants" such as Albert Einstein and Wernher von Braun, you'll find them referenced by every major influential leader and teacher throughout the ages and every piece of self-improvement/personal success literature/material worth reading, including the scripture of the major religions which have maintained their balance. Napoleon Hill, Wallace D. Wattles, Steven Covey, John C.

Maxwell, Bob Proctor, Earl Nightingale and multitudes of others all referenced the natural laws of the universe in their teachings.

Let's Think Some More

QUESTION: Throughout eons of time “why” have multitudes of very intelligent people been recorded in history books as believing they were born with a specific purpose for their life here on earth?

QUESTION: What is the likelihood of someone else having fingerprints identical as yours?

QUESTION: What is the likelihood of someone else having DNA identical as yours?

QUESTION: Of the millions of people who have been assessed using the CliftonStrengthFinder2 personality instrument, why has nobody been found to have the same five dominant personality strengths as anyone else?

QUESTION: Is it possible that each individual has been placed on this earth for a specific purpose?

QUESTION: Have you determined your specific purpose?

Your Primary Key

Your key to greater success is to become aware of your beliefs and to evaluate them in the process. Awareness is the key because you cannot manage what you are not aware of. The people who are actually living their *Fulfilling Life* are not those with the most knowledge. They are those who are willing to trade their most cherished beliefs when a new idea comes along.

When you accept this way of thinking, you will understand how essential your personal growth is in order for you to actually live your self-defined *Fulfilling Life*.

What Is Your Calling

Someplace, somewhere inside each one of us there is a calling. There is a specific reason each one of us has been placed on this old earth. Knowing your Personal Core Values will help

you live intentionally and knowing Your Personal Core Values will help you discover *Why* you have been put here on this earth.

Values are the standards by which you live your life. Beliefs are what you think is true. Your *Values* are influenced by your *Beliefs*.

Efforts and Courage are not Enough Without Purpose and Direction

For the purpose of studying this unit, *Personal Core Values*, we will use the following Definition: *A Fulfilled Life / A Fulfilling Life is value-based, purpose driven, vision-compelled, and goal-aware.*

A Fulfilling Life is based on the foundation of a person's individualized values. You cannot live a purpose that is not an expression of your values, because by their absence there is no "purpose".

"The purpose of life is a life on purpose."

-- Robert Byrne

QUESTION: Have you ever had a teacher give you an assignment, or have you ever heard of a teacher giving their students an assignment, to discover and report their life's purpose?

"There is no expedient to which a man will not resort to avoid the real labor of thinking."

-- Sir Joshua Reynolds

QUESTION: Why do some people have talents for being an artist while others have talents for being scientists and others have talents for being automobile mechanics? Why are some teachers naturally gifted in their ability to relate to students and others are not – and it shows? Why do some people love what they do for a living and others hate the same type of work?

The Reason for Addressing this Subject

This entire topic, *Personal Core Values*, contains the major components that make up a *Fulfilled Life*. The purpose of this unit is to cause you to think deeply about what you want your life to count for, what your life will be known for after you have departed this old world.

There is no greater waste of life than spending your life working in a job doing something that you hate doing just to earn a living. *Fulfillment is about making a life, and a fulfilling life has a positive impact on others. Personal fulfillment is enjoying what you do while making the world a better place to live for those who follow you now and after you are gone.*

All of the so-called famous people were an unknown at some point in their lives. What made them famous was their commitment to their purpose – regardless of their profession. Your purpose will define you and your life.

Think deeply, about what interests you. Not what someone else thinks you should think. What's at the heart of what you do, or want to do. What's holding you back? What skills do you need to become who you want to be?

Many times, average people will follow other average people in pursuing activities just because they are their friends. Meanwhile, that follower will simply know, or have a feeling, “this is not for me. I am not interested in whatever it is that we are doing”. Why is that? If you are not happy in doing whatever that is, perhaps it is time for some serious exploration. What are your interests?

- What do you cry about?
- What do you sing about?
- What do you dream about?

*“We become what we think about,
and when we're possessed by an exciting goal, we reach it.”*

~ Earl Nightingale

We are not all alike. Each individual has different abilities, different genetic profiles, different wants in life. What will completely satisfy one particular family and represent complete success for them – will be considered failure for another family. All because of different dreams, their different lifestyles, the way we were raised, education. Every facet of our environment as youngsters has an effect upon us and begins to set our direction in life.

If you ask average American what the most important thing in the world is for them, chances are they will seldom say freedom.

“The secret of happiness is freedom, and the secret of freedom – courage”.

~ Archibald McMeech
Author of his stage play,
“The Secret of Freedom”

We are at our best when we are actively pursuing our personal goals as we manage to live well-balanced relationships, work, play and rest. Our minds perform best when properly rested, and our minds are the best and most important part of us, regardless of what we choose to do.

Average people, when they think of the word success, tend to equate it with lots of money. Fulfillment is whatever we want it to be that is worthy for us.

We are at our very best and happiest when we are fully engaged in an endeavor we enjoy on the journey toward the goal we’ve established for ourselves. It gives real meaning to life.

Now Really Get Started Thinking

Life plays no favorites. If anyone can succeed and millions do, so can you. Of one thing you can be absolutely sure; you become what you think about.

If your thinking continually jumps from one thing to the next, your life will reflect chaos. If your thinking is systematic, orderly and clear, if you have a goal that’s important for you to reach, and you apply these principles, you will reach it. One goal at a time – that’s important!

Each one of us – not the economy, or fate, or luck, or the breaks – each one of us is in charge of his or her own life; each one of us is completely responsible for our own life.

“There is no road to success but through a clear, strong, purpose. Nothing can take its place – a purpose underlies character, culture, position, attainment of every sort”.

~ Unknown

Highly successful and financially very wealthy Paull (name spelling is correct) Newsome says, “The process of determining my personal values starts with my core values. The reason why is to make sure my personal goals are totally in line with my core values. It is about becoming conscious first. Expect becoming conscious with yourself to be a struggle. Progress will be slow.

Trust me, it is certainly NOT more money as I have plenty of cash coming in now. I always thought plenty of money would make me feel totally fulfilled but when it finally happened, I actually have felt empty!”

Self-Knowledge

Self-Knowledge: knowledge or understanding of one’s own capabilities, character, feelings, or motivation. Knowing others is wisdom, knowing yourself is Enlightenment.

~ Lao Tzu

More How to Get Started Thinking

It is critically important that you spend time alone simply searching your mind in order to know exactly who you are. Spending time thinking is a self-discipline that is not easy to establish for yourself. In today’s world very thing is so very busy. Find a place that is quiet and without visual distractions. Turn off television, radio, cell phone, iPad, etc.; get away from other people. Begin slowly. Start by quietly sitting and thinking for only ten minutes per day.

As you develop your personal habit of spending more time dedicated to thinking, expand your time doing so. It will likely be the most important habit you will ever develop.

Consider

People actually living their personally-defined *Fulfilling Life* comfortably tell the world they are not only rich in their bank account but also rich in their lives. They tell you they are wealthy in the true sense of the word. They tell the world they have shaped their life that way

because they live their values. Average people believe that values and financial success are the same thing. A person's core values and a person's financial success is not the same thing!

The Point

Your *Personal Core Values* represent you at your most authentic self. They represent what you stand for in life. Your values influence every decision you make in every situation in which you find yourself in your life. Your values give fulfillment and meaning in your life.

Steve Jobs is reported to have shared the following very enlightening words at the end of his life.

"I reached the pinnacle of success in the business world. In others' eyes, my life is an epitome of success. However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to.

- *At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death.*
- *In the darkness, I look at the green lights from the life supporting machines and hear the humming mechanical sounds, I can feel the breath of God and of death drawing closer.*
- *Now I know, when we have accumulated sufficient wealth to last our lifetime, we should pursue other matters that are unrelated to wealth should be something that is more important:*
- *Perhaps relationships, perhaps art, perhaps a dream from younger days.*
- *Non-stop pursuing of wealth will only turn a person into a twisted being, just like me.*
- *God gave us the senses to let us feel the love in everyone's heart, not the illusions brought about by wealth.*
- *The wealth I have won in my life I cannot bring with me.*
- *What I can bring is only the memories precipitated by love. That's the true riches which will follow you, accompany you, giving you strength and light to go on.*
- *Love can travel a thousand miles. Life has no limit. Go where you want to go. Reach the height you want to reach. It is all in your heart and in your hands.*
- *What is the most expensive bed in the world? – "Sick bed".*
- *You can employ someone to drive the car for you, make money for you but you cannot have someone to bear the sickness for you.*

- *Material things lost can be found. But there is one thing that can never be found when it is lost – “Life”.*
- *When a person goes into the operating room, he will realize that there is one book that he has yet to finish reading – “Book of Healthy Life”.*
- *Whichever stage in life we are at right now, with time, we will face the day when the curtain comes down.*
- *Treasure Love for your family, love for your spouse, love for your friends.*
- *Treat yourself well. Cherish others.”*

Success is about Influencing at the Cause NOT the Effect

Cause and Effect is the difference between the one percent of people actually living their *Fulfilling Life* and the ninety-nine percent of average people who are only dreamers. It is important to understanding the one percent actually living their *Fulfilling Life* work on developing their personal awareness – how they think.

To influence the effect, you have to influence the cause. If you cannot answer what causes your results accurately, how can you possibly expect to improve your results? How can you expect to improve whatever it is you do on a day-to-day basis? If you do not develop your understanding of what causes you to do something, you will remain stuck in a rut, very likely, forever.

Average people cannot truthfully tell you what causes the results they get from their daily activities. Average people consistently point their finger at events that are totally outside of their control: 1) that is what I have always done 2) that is what all of my friends are doing 3) my parents, my teachers, my boss wants me stop asking questions 4) they want me to follow the crowd because it makes the crowd easier to control 5) my new boss does not care what I think, 6) my new boss does not share information with me that I need to effectively do my job, etc., etc., etc. – an extensive and endless list of responses. None of them reflect the truth.

The Truth

When you discipline yourself to make it a habit to discover the truth, it will revolutionize your personal and professional life. By peeling away the layers of the mind’s creative process, like the layer of an onion, it will help you understand the mind is responsible for creating every result you will ever experience in your entire lifetime. *What you think*, whether consciously or

subconsciously, are the effects of your thinking. Your thinking determines the *results* that are produced because of your thinking.

Your true power is in your mind. Everything that has ever been created in the world by man has originated in the human mind.

You do not have to be a genius to determine your actions and your behaviors are the cause of your results.

Your Mind is the Cause of Your Actions and Behaviors
Your Actions and Behaviors Cause your Results

Psychologists estimate the average individual spends between 72 percent and 93 percent of their time functioning on auto-pilot. Meaning, doing things as they have always done, day-to-day, without thinking; nor do they consider the consequences of their actions. The average person is unconscious of the process. Their mind is reproducing learned behavior. These processes are reacting to things they have previously done. The subconscious mind learns our behaviors in order to free our far more limited conscious mind to think on more creative pursuits.

Much of our behavior is literally programmed into our subconscious mind because of repetition. Repetition as what is known a *habit*. Habits are deep-seated ideas that at some point in our lives we have accepted as *truths*.

When a person is not fully mentally present, which is a significant part of any day for average people, that person's belief systems are generating their thoughts and behaviors that in turn generate their *results*.

*Chains of habit are too light to be felt
until they are too heavy to be broken.*

~ Warren Buffett

The implications are obvious; so are the consequences. Thinking *without action* is worthless; *action without thinking* is disastrous.

People actually living their *Fulfilling Life* have learned how to develop their awareness.

Clearly understanding how the mind works is *WHY* people actually living their *Fulfilling Life* continually engage in personal growth and self-improvement activities.

**The Key to Your Fulfilling Life is Not How Much You Know
But How Self-aware You Are**

When you discipline yourself to develop your conscious awareness, the quality of your thinking creates your *results*. The thoughts you experience are generated by how you think.

As a man thinketh in his heart, so is he.

~ An Ancient Maxim

A direct reference as to how you think creates your results, your reality.

*To be yourself in a world that is constantly trying to make you something else
is the greatest accomplishment.*

~ Ralph Waldo Emerson

**The Conscious Individual is
Actually Living Their Self-Defined Fulfilling Life**

The conscious person creates every outcome in their personal and business life. The average person lives at the *cause* end of the *cause and effect* equation.

By learning how to control your mind, you become the designer of your evolving environment. You literally have the ability to change the way you think about what you are seeking. You have the ability to develop an entirely different way of thinking. Consciously thinking in great detail about what your *Fulfilling Life* really looks like is what will cause your results to actually takes place. Average people DO NOT think into their results at all.

Thinking is the hardest work there is which is why so few people partake in it.

~ Henry Ford

Thinking is a rarity. Average people are simply exercising mental activity. You are not average. Otherwise, you would not even be reading this. Your true power resides in your mind. ***The most important truth you will ever learn in your life is that in order for you to improve any result in your life, you will have to modify how you think. How you think is creating your current result. Discipline yourself to be totally honest with yourself and clearly identify what you are doing that is causing the result of your current actions. Then, take action to think differently.***

Some average people repeatedly attend seminars and read, listen and watch motivation programs. That alone does not work. Those same people over estimate the value of the event but grossly under estimate the value of the process; actually carrying out the activities that the events recommend for improvement.

Change is a Process

Change must happen within you for things to change for you.

Self-Awareness

Results are *Effects*. Effects are the outcome of a very specific and un-wavering creative process.

If you want to change the fruits, you have to change the roots.

If you want to change the visible, you have to change the invisible.

~ T. Harv Eker

Discipline yourself to focus on understanding what *causes* your results. Once you understand what is causing your results, *if you act upon what you learn* you will be able to change what you are doing.

Becoming aware of and acting in concert with your primary values is a life-changing experience. Doing so allows you the opportunity to shape your dreamed-about self-defined life.

Beware, thinking is not enough. Discipline yourself to take the necessary steps to act upon living your self-defined *Fulfilling Life*.

This creative process flows through virtually every human being. *There are no exceptions.* It is an orderly and specific process that never deviates.

The individual who is actually living their *Fulfilling Life* is very aware of their thoughts and the implications of them. They have learned to not only be vigilant of their thoughts, but to consciously *choose* their thoughts. They're always very sensitive to the information they allow to flow into their minds. That is what gives them their ability to actually live their *Fulfilling Life*.

Be careful. Immunize yourself from the psychological pollution that undermines the success of average people. Limit your exposure to FaceBook and Twitter-type communications, TV/Radio broadcasts and negative news. If the story is big enough and it affects your life, you will find out about the story anyway.

If you think reducing the time you spend on FaceBook/Twitter communications is not important, seriously think about this very true story.

A serious-thinking person realized she has been spending far too much of her limited time on FaceBook. She made a commitment to herself that she was going to limit herself to only one-hour each day to FaceBook communications.

Think about it. One-hour every day for 365 days a year = Nine 40 hour weeks.

Nine weeks of dedicated time of simply digging a ditch will produce a pretty long ditch. Think about what you can accomplish toward reaching your dream of actually living your self-defined *Fulfilled Life* by focusing on doing so for nine weeks.

If you improve the quality of your thinking and take action on your thinking, you will improve the quality of your life. Your pursuit of actually living your *Fulfilling Life* can only

reflect the quality of the thinking you bring to your dream. That is why people who are actually living their self-defined *Fulfilling Life* continually stretch and challenge their thinking.

Average people operate on auto-pilot for the vast majority of their day. Human beings are creatures of habit. Out of habit, we routinely do what we have always done and continue to think what we have always thought.

Consider

For the vast majority of time your thoughts are influenced by your beliefs. Your beliefs *are your biggest risk* to actually living your *Fulfilling Life*, including securing consistent financial freedom. Your beliefs create your entire life experience. For the vast majority of the time your beliefs operate outside of your conscious awareness. Your beliefs are underneath your conscious radar.

When there is no enemy within you, the enemies outside cannot hurt you.

~ An African Proverb

This is *Why awareness*, not knowledge, is essential to your ability to actually live your self-defined *Fulfilling Life*.

HABITS ARE THE CHILDREN OF OUR BELIEFS

Knowing Who You Are is Important

When you are 90 years old looking back on your life, how much money you have in your back account will not be the most important thought in your mind. What good you have done throughout your life will be. If you live your values, you will be reflecting on a life well spent.

Your values are what make you tick. They represent your compass, your spiritual DNA, the blueprint that defines what has meaning and heart in your life.

Know thyself.

~ Socrates

Greek Philosopher 450 B.C.E.

Knowing who you are is far more important than knowing what you want. If you don't know your inner-most qualities and what's important to you in your life, you run a very big risk of spending your entire life focused on dreams and aspirations that have little or no meaning to you.

In Review

This *Personal Core Values* program primer has focused on giving you a brief picture about what causes your results. That is: 1) Your core *Values* are the foundation of who you really are. Your values generate 2) your *Beliefs* 3) your thoughts generate your *Feelings* and *Emotions* 4) your feeling and emotions generate your 5) *Actions* and *Behaviors*, and 5) your actions and behaviors cause 6) your current *Results*.

For these reasons, it is imperative that you carefully examine both your internal influences in terms of your belief systems that you have inherited and the external belief systems to which you have given unconscious authority and credibility.

That is why one of the greatest entrepreneurs of his generation said,
"Formal education will always make you a living. Self-education will make you a fortune."
~ Jim Rohn

Food for Thought

Actually living your *Fulfilling Life* as you personally define it will most likely be the most personally rewarding thing you will ever accomplish in your life. Living your self-defined *Fulfilling Life* will only be accomplished by disciplining yourself to continually develop the quality of your *thinking*. Your level of thinking will determine your level of success, regardless of any endeavor.

There is a very strong likelihood that once you graduate from school, you will become employed in some job where you are expected to function according to someone else's agenda, not your own agenda. There is a very strong likelihood that functioning according to someone else's agenda will become boring for you and as a result, you will begin to realize you are capable of much more than your employer's agenda allows. When that happens, you will begin to think about *thinking and acting for yourself*. In today's environment, you very well will be able to actually live your self-defined *Fulfilled Life*.

For these reasons: *Developing a clear understanding of your Personal Core Values will help you actually live your dreamed about, personally-defined, Fulfilling Life.*

It takes considerable concentration to really understand yourself and to really know what you believe in and what you really stand for – to understand your principles and to develop your own code of life.

~ Henry David Thoreau

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