

Identifying And Living By Your Personal Values



If you want to reduce your stress levels and move towards a happier, more peaceful existence then it helps if your behaviours and character traits are congruent with your values

1. Write down the 10 most important behaviour or character traits of a good person; *(these represent your core innate values regarding human behaviour).*
2. Rate yourself on a scale of 1 to 10 on these traits. *(You are subconsciously aware of all incongruencies with your innate values. All incongruencies cause intellectual, emotional and spiritual stress and significantly affect your health and happiness.)*
3. For every trait that you scored less than 10 describe in detail what actions are required to improve (not score 10 but improve). Visualise yourself performing these actions in realistic circumstances.
4. Write down your goals and actions steps (including visualisations) and a daily plan with a checklist for one trait you choose to begin to improve in the first month. For every instance of incongruent behaviour with regard to your targeted trait, replay that instance in your mind and visualise yourself acting congruently. Do this 10 times for every instance of incongruence. At the start of the second month choose another quality to improve upon etc.
5. Fill out the checklist every evening before bed, be grateful and proud for each thing you accomplish and be optimistic about what you will accomplish tomorrow.
6. If you have nothing to check off, do one positive action to improve yourself before going to sleep, check it off and feel great about it!



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