



Wake Up Recovery

with Sherry Gaba, LCSW



Module Six:

Living a Life that Is True to Your Values

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This module will help you define values, identify your own set of values, and modify your values for ideal alignment. Your personal values enable you to stay grounded in what is most important to you, so that when you make decisions, you have a basis to determine the best approach to take. When you have values that are rooted in your essence – essence meaning the core of who you are and what you believe – your life is not some random set of actions that have no significance. Instead, your life moves in a purposeful direction. The decisions you make will lead you to your goals. Values are entwined with your purpose and intention.



Activity #1:

Do you know what you value? We want to stay focused on the present moment. We will discuss how values evolve, change, and are influenced by outside factors... But, for now, we just want to focus on the present moment.

Let's take a moment to get our journal or open up the Word doc that we've been using for the activities portion of these trainings. Take a moment to center yourself and think about your values.

When thinking about your values, it can be helpful to imagine yourself in the future as the person you wish to become. When you look at your future self, you can think about what values this person has.

Imagine yourself one year from now and write down how you see yourself living in terms of your personal relationships, health and well being, prosperity, and spiritual growth. Don't define yourself by what you do for a living, but by whom you want to become as a person.

For the sake of time, list the first things that come to mind in terms of values.

Examples of values could include:

- Accountability
- Appreciation
- Creativity
- Dependability
- Generosity
- Honesty
- Patience
- Self-reliance

Now make a list of actions you are willing to take to become that person you want to be. Ask yourself if there are barriers that will try to hinder this journey. Make a list of strategies you will need to live in alignment with your values. Write down daily steps, weekly steps, monthly steps, and yearly steps. These small steps will not only help you achieve your goal in portions that are easy, but will also align you with your value to live a life of health and well-being. The small steps make up the big picture!!



My Notes:



Activity #2:

Value affirmations will help you clarify and be in harmony with your values. When your values from the inside match your actions on the outside, you vibrate at a greater frequency; thus, allowing goals to be achieved with ease and grace. These affirmations enable you to stay true to your values and to move forward, rather than staying stuck in old values that no longer resonate with who you are now.

Let's take a look at the list of values that we discussed in the first exercise.

- Accountability
- Appreciation
- Creativity
- Dependability
- Generosity
- Honesty
- Patience
- Self-reliance

Now let's turn these values into positive affirmations. I will list a few as examples and you can use the ones I'm listing or create your own...

- My actions align with the values I believe in.
- My energy is aligned with the goals I was put on Earth to accomplish.
- I no longer use fear as a way to avoid pursuing my dreams.
- My values honor my true nature by staying away from toxic people, places, and things.
- I value taking care of my body, my mind, and my spirit.
- I value fun and take time to enjoy life.
- I value feeling connected to my friends and family.



My Notes:



Activity #3:

A vision consists of the details of what you want your life to look and feel like. The more detailed your vision is, the greater chances it will be magnetized to you exactly as you describe it. A vision statement describes what it is you truly love. Go through the wheel of life – and be as specific as possible using all your senses of what it is that would give you the greatest joy in each of these areas:

- Physical Environment
- Career
- Money
- Health
- Fun & Recreation
- Personal Growth
- Family & Friends

When you imagine how you envision your life, always think of it in the present as if you are already stepping in to the life you would love to be living. Know that your vision is always at work with spirit and that this or something even more amazing is on its way.

As the vision process begins to manifest, you're stepping into living an authentic life. You will discover what is working and what is not and how you can modify and move forward.



My Notes:



Module Six Affirmations & Meditation:

Affirmation:

- My energy flows in the direction of my values.

Meditation:

Imagine yourself standing on the shore of a vast ocean. Your feet feel the sand gently wash over them as a wave rolls in, then the sand pulls away as the wave rolls out. You hear only the sound of the moving water. Notice what this image feels like throughout your body in all your senses. Visualize where you want to be in your life one year, five years, and ten years from now – without any limitations. Breathe the sea air and just notice what comes up for you.

Now that you are seeing yourself where you want to be, begin to ask yourself the following questions. Breathe in the questions and breathe out the answers:

- What is the landscape?
- What am I wearing?
- Am I alone? If not, who is with me?
- What does my life's work look like?
- What type of intimate relationship am I in?
- Am I a parent?
- Am I in school?
- What type of friends and social life do I have?
- How is my health and well being?
- What is my relationship like with my higher power?
- What do I have faith in?
- What am I contributing to the universe?
- How do I play and have fun?
- What will my legacy be?