



What Do You Stand For?

The top achievers in every field, the leaders, know who they are, what they believe in, and what they stand for. Knowing what they stand for helps them from wasting precious time and energy thus allowing them to accomplish many times more than the average person who has no clear goals or values.

You have to know what your values are because your values determine your beliefs. Your beliefs in turn, determine your expectations. And your expectations determine your overall attitude and what you are willing to do to get the job done.

Bottom line, your actions will determine your results, but as you can see, your values and beliefs determine what actions you'll take. People are happiest when they act in ways that are in sync with their values. If you are acting against your values, you will not be happy. So it is important to spend some time figuring out what your values are - because they will help you find the way to happiness.

One way of ensuring yourself that you are acting in harmony with your values is to trust your intuition. To listen to and trust your gut feelings. To listen to your heart.

Some questions that will help you determine what your main values are: What makes you feel good about yourself? What makes you feel important? What fills you with pride? What would you like to be known for? How would you like to be remembered?

Remember, you will become what you think about most of the time. Successful people constantly think about what they want to accomplish, about how they will accomplish it, and about being true to themselves as they accomplish it. About keeping true to their values.

Put it into action:

Write down three to five of your most important values. What are you best known for? What kind of person would you like to be if you knew you could not fail? Are you practicing these values on a daily basis? Write your own obituary. What do you want your friends and family to say about you at your funeral? What's something new you could start doing today to be more in harmony with your values? Start doing it today and watch your self esteem soar.

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