



Know your WHY!

One of my friends, Rebekah, tells me weekly how her step mother is mean to her and will not leave the room when she goes to visit her dying father. My friend wants to spend time with her dad. Actually my friend aches to spend time with her dad. She has this desire to reminisce with him. She wants to sit and hold his hand and tell him that she loves him. She aches to share with him her day. She almost has tears run down her face when she realizes that she not able to tell her dad what her kids did at school or what she did at work that day. She desperately wants to read his favorite comic, to him.

My friend is tolerating her stepmother.

Let's look at Jenny, she is often mentioning that she never has any good food in the house and ends up eating rubbish rather than preparing her fridge and garden with fresh food.

What we put up with is part of the “**Know Your Why**” Cycle.

I had to remove activities from my life that I was tolerating, then identify and define my values and my needs.

Only once we can clearly define what is important and what we need can we clearly articulate them and embody them to been seen in our actions, language and thoughts.

Working from the inside out is the KEY!!!!

This step is the key, to moving forward and having what really matters to you.

It is done throughout the day and almost unconsciously once you have identified your keywords relating to your **VALUES AND NEEDS**.

In this short over view I give you a snap shot of the “**Know your Why**” Cycle.

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... Eliminate your Tolerations

... Choose and start to live from what is valuable to you.

... Directly get what you need emotionally.

Eliminate your Tolerations

A toleration is:

What you put up

What gets in your way

Situations that we endure for one reason or another.

We live in a fast instant gratification world with credit cards, the net, fast cars, air travel, phones, texting,... Anything we want we can get ..fast!

This fastness often smothers what we value.

and

this fastness can smother what we need emotionally.

What is important to you is what your value.

A Value is what you can see and almost touch.

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Playing games is one of my brothers' values. I relate much more the word fun. Both words are doing words.

Values are seen from what we do.

What's important are the actions that we take to get to the how we go about getting where we want to get to. It's how we get to our goals and aspirations. BUT when we are tolerating things like grumpy step mothers we get tired up in the drama of that and then end up NOT playing games or having fun.

Get the picture?

Now just to add another layer here I have been speaking only of things that we can see and almost touch.

Our needs are emotional.

I had a friend say once that he didn't like this word. It sounded "needy". Yep we will be needy when we don't get what we need to be emotionally fulfilled. When we are not clear on what we need we often go about getting our emotions satisfied often in detrimental ways.

For example, do you have a friend in your circle who always has to be the centre of attention. Every time you are together you find you are listening to them. They have dominated the conversation. That friend might have a need of being heard, by telling stories to feel fulfilled. They might feel the need to be included so they grab any space they can to get that need met, unfortunately it is met indirectly and often with negative consequences.... Hence setting up further tolerations.

Another example Jeremy is always wanting that extra clarity. He has to have everything perfect. He discovered he needed to be respected to feel constant stability. Once he identified his need for respect he was able to define it, then set up rituals to support himself to get that respect to be affective in his business and personal life.

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Choose and start to live from what is valuable to you.

Values are actions that we carry out that are intrinsically desirable to us. We will always be striving to carry out these actions

Often we are too busy doing what has to be done, we find it a challenge to set our daily timetable to do what we value.

Values are words that are doing words, they are actions.

For example:

To experiment

To play games

To guide

To be connected

To be a family

One of my clients re-orientated his life when he wrote out his WHY:

He now experiments with his life and projects, with a playing game attitude. He guides his clients and his family from his own self connection.

His goals, yearly focus, visualizations and visual map came from these words.

Directly get what you need emotionally

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Your needs are invisible emotional requirements.

**We often find ourselves getting our emotional needs met
in a way that do not serve us.**

**To acknowledge what we need then to get them met directly is
being aligned from the inside out.**

Emotional words are for example

Feeling consistent

Feeling calm

To be useful

To be independent

Jenny owns a string of retail stores, she identified she needed to feel calm and feel a flow of consistency to feel useful. These needs gave her the feeling of being independent along with facilitating independency in her team.

This is just beginning of knowing your why

This process is never ending. The more eliminate our tolerations the more we live out our values and the more we get our needs met swiftly and directly.

Another point I want to make, and I know I'm jamming in a lot of information here..... your affirmations are based on your values. The questions we asked ourselves, if asked using our values will give us answers that will facilitate

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harmony with our inside to our outside. Giving us clear decisions, a calmness that few people experience, a knowingness that is YOU!

This is a big process.

If you think you now know it from reading it once or from the doing the exercise below... I'd say

You are kidding yourself and that is your ego talking to you to keep you where you are right now.

My question to you is:

“Do you love your life right now?”

If you honestly do..... you have more money than you can donate to all your passions, you live in the house of your dreams, you are totally loving your family and YOURSELF.. then STOP and don't waste any more of your time.

If you want more of EVERYTHING

The exercise below will identify what is important to you and why.

The exercise below will be the beginning of defining what you are really doing and why!

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Have fun with this process and contact me for further info....

I'm no guru, I'm just a person who loves to live my life elegantly with my family in a fun way so we are all free.

AND..... I have a passion... even a calling..... that I have to share this information with people who are open and willing to live their life through what is important to them.

Is that you?

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Definitions

In the following pages you will see lists of words to facilitate what is important for you to **have** what you want in your life and what is important for you to **be** the person that you want to be.

To receive more from your everyday living than you maybe receiving **NOW**.

Values

- ◆ Are actions that you want to carry out that are intrinsically desirable to you.
- ◆ You rate these actions, and the results of these actions, very highly.
- ◆ Often we are busy doing what has to be done that we find it a challenge to set our daily timetable to do what we value.

Needs

- ◆ Are invisible emotional requirements.
- ◆ Feelings that drive our actions.
- ◆ To have our emotional wellbeing acknowledged and satisfied often allows our thinking. and actions to be congruent to who we naturally are and what we do naturally.

Tolerations

- ◆ Resisting to actions.
- ◆ Actions and situations that you put up with for a period of time.
- ◆ Situations that you endure for one reason or another.

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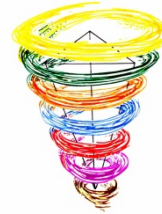
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Your Values and Needs



YOUR VALUES

Risk	Experiment	Endeavour	Grace
Elegance	Loveliness	Attractiveness	Coach
Touch	Influence	Move Forward	Serve
Facilitate	Improve	To Experience	Prevail
Bliss	In Touch With	Encourage	Acquire
To Glow	Assist	Guide	Influence
Persuade	Expert	Greatest	Excellence
Be Amused	Accomplish	Play Games	Have Fun
Be Connected	Attract	Family	Community
Be Bonded	Perceive	Compassion	Support
Be Aware	Devoting	Be Accepting	Be Passionate
Educate	Enlighten	Instruct	Inform

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..... Circle ten that you resonate with. Don't think about this!

..... Write them below

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |



Your Values and Needs



YOUR NEEDS

- | | | | |
|--------------------------|-----------------------|----------------------|---------------------|
| Approved | Be included | Respected | Achieve |
| Fulfilled | Be worthy | Complimented | Appreciated |
| Valued | Performance | Cherished | Be adored |
| Be touched | Honest | Influence | Encouraged |
| Liked | Understood | Get attention | Cared about |
| Be busy | Make it happen | Commitment | Prosperity |
| Abundance | Be heard | Tell stories | Share |
| Command | Manage | Be useful | To give |
| Clarity Authority | Results | Have a task | |
| Independent | Liberated | Sincerity | No withholds |
| Perfection | Consistent | Quietness | Calmness |
| Stillness | Security | Be remembered | Be known |
| Protected | Stable | | |

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- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
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| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |



Your Values and Needs...

Write a sentence for each Value and Need to show what they mean to you.

Choose 4 from your list of ten above.

Following are examples:

Accomplish as a value

Accomplish It is important for me to *complete* my projects at work and at home.

Liberated as a need

Liberated I ask for what I want from my family, friends and work colleagues with clarity and empathy

*Note: When writing the sentence **do not** use the word that you have chosen in this sentence.*

Write a sentence for each of your values and needs:

VALUES

1. _____

2. _____

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3. _____

4. _____

NEEDS

1. _____

2. _____

3. _____

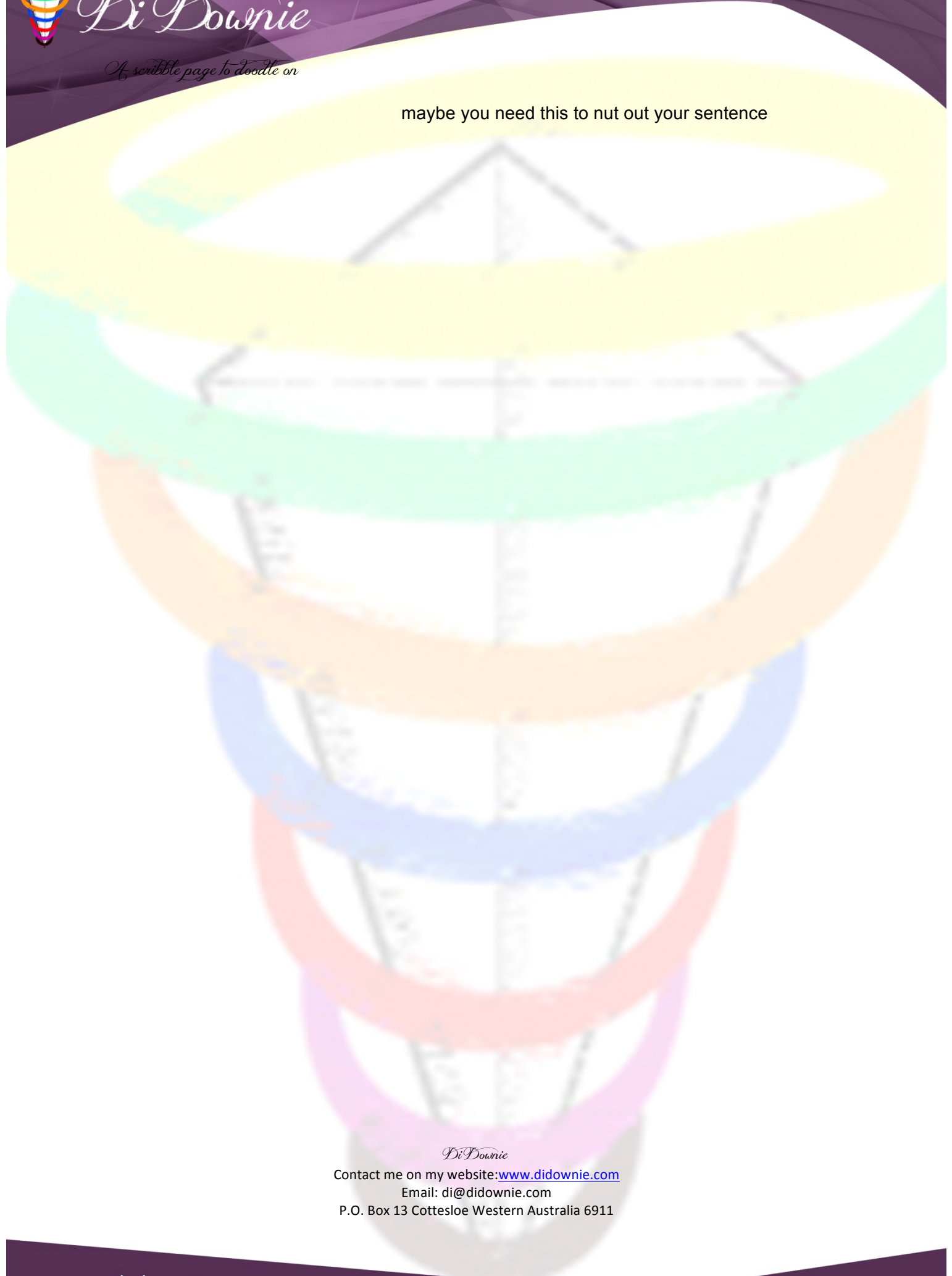
4. _____



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A scribble page to doodle on

maybe you need this to nut out your sentence



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