



# FINDING YOUR FOOTING: NAVIGATING CHANGE WITH YOUR CORE VALUES

LTCOL Steve Kearney



WELCOME

GROUND RULES?



*WHĀIA TE ITI KAHURANGI, KI TE TUOHU KOE,  
ME HE MAUNGA TEITEI*

*Seek the treasure that you value most dearly, if you bow your head, let it be  
to a lofty mountain*



# PLAN: VALUES & GOALS

- By the end of the session you are better able to understand:
  - Why having purpose and meaning is important (you live longer)?
  - How to tell the difference between values and goals, and when each matters.
  - How to tell the difference between YOUR values and the values of the people/society around you.
  - Some practical things you can do to help live your values
  - Everything is googleable\*



# PICK 3 NUMBERS BETWEEN 1 & 100

1 Active	11 Creative	21 Cheerful	31 Fair	41 Gentle	51 Lazy	61 Peaceful	71 Obnoxious	81 Sad	91 Silly
2 Distant	12 Cruel	22 Clumsy	32 Friendly	42 Gloomy	52 Logical	62 Persuasive	72 Optimistic	82 Selfish	92 Smart
3 Afraid	13 Curious	23 Confident	33 Fun	43 Greedy	53 Lonely	63 Playful	73 Organized	83 Sensitive	93 Sneaky
4 Angry	14 Daring	24 Confused	34 Funny	44 Happy	54 Loud	64 Courageous	74 Outgoing	84 Serious	94 Spoiled
5 Artistic	15 Cold	25 Polite	35 Generous	45 Helpful	55 Loving	65 Popular	75 Patient	85 Shy	95 Successful
6 Bold	16 Kind	26 Determined	36 Imaginative	46 Honest	56 Loyal	66 Mysterious	76 Proud	86 Tolerant	96 Sweet
7 Bossy	17 Careful	27 Dishonest	37 Immature	47 Hopeful	57 Lucky	67 Mischievous	77 Quiet	87 Trustworthy	97 Talented
8 Brave	18 Caring	28 Nice	38 Impatient	48 Humble	58 Mature	68 Disrespectful	78 Respectful	88 Unkind	98 Talkative
9 Brilliant	19 Cautious	29 Dull	39 Intelligent	49 Humorous	59 Mean	69 Noisy	79 Responsible	89 Wild	99 Thoughtful
10 Busy	20 Charming	30 Energetic	40 Jealous	50 Haha	60 Nervous	70 Nosy	80 Rude	90 Wise	100 Timid

# WHAT IF I WAS REMEMBERED AS ..., ... & ...?

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# WHAT THREE WOULD I PICK? AS A PARTNER? PARENT? HUMAN?

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# HOW ARE VALUES HELPFUL?



- All organisms have **two** core abilities
  - Moving away from things
  - Moving toward things
- A life dominated by moving away from things is stressful
- A life that includes moves toward things tends to be more fulfilling and more vital
- Sometimes, moves toward things can be difficult, scary, saddening or frustrating
- Values help us to move toward a richer, fuller choice, even when it is scary or unpleasant

# A VALUE IS...

A chosen quality or direction of ongoing action that is personally meaningful and guides how you want to behave and live your life

How and who I want to be



# WHAT ARE VALUES

- **Chosen:** Values are chosen by you, rather than imposed by external factors such as society or family.
- **Meaningful:** Important and meaningful to you, reflecting what you care about deeply.
- **Direction-giving:** Provide a direction for the person's life, helping you to make choices and decisions that align with your values.
- **Flexible:** Are not rigid rules or goals that must be achieved, but rather flexible qualities that can be expressed in many different ways depending on the situation.
- **Enduring:** Are enduring qualities that you want to embody throughout your life, rather than temporary or fleeting desires.
- **Positive:** Qualities that reflect what you want to move towards rather than what you want to avoid.



# WELLBEING BENEFITS OF VALUES



- Reduce Burnout
- Navigate complexity
- Reduces anxiety
- Promotes curiosity
- Promotes connection
- Promotes good

# VALUES ARE DIFFERENT FROM GOALS

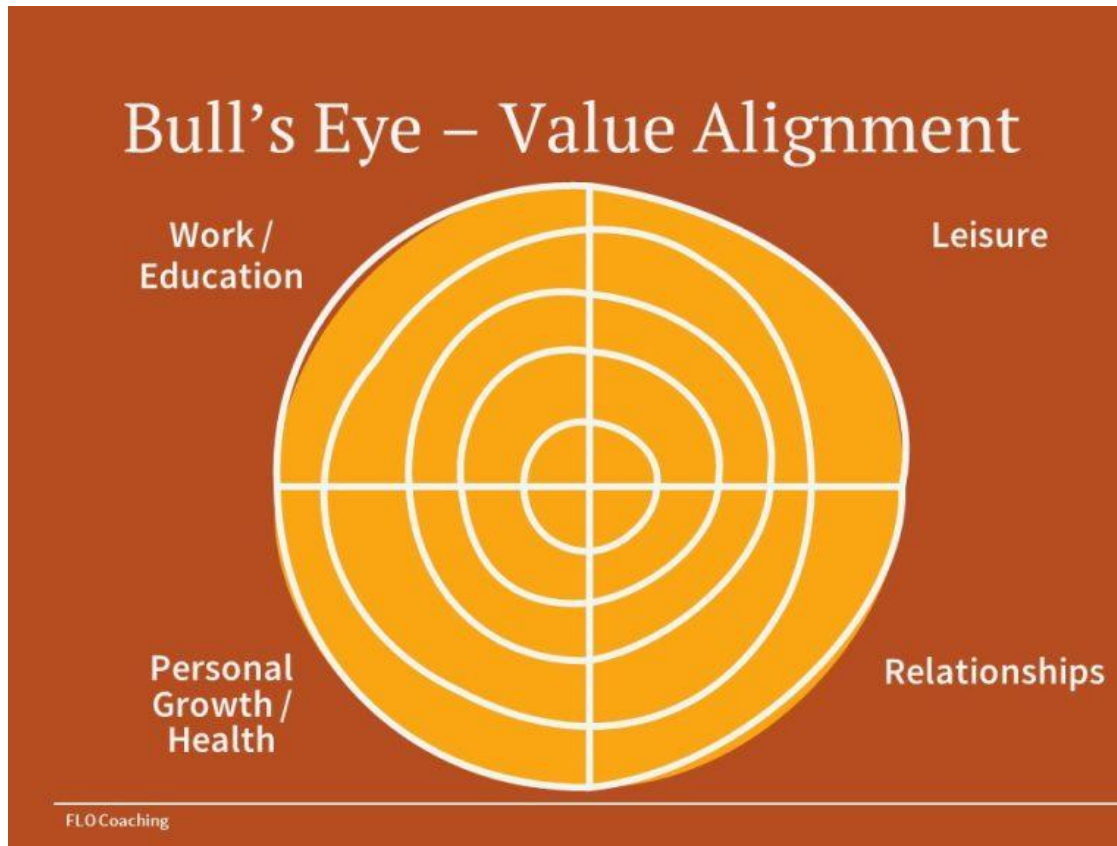
## **HOW** YOU WANT TO **BE**, NOT **WHAT** YOU WANT

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# TRAP FOR YOUNG PLAYERS – WHEN VALUES BECOME RULES

<b>Strength</b>	<b>Value</b>	<b>Vulnerability</b>
Placing the welfare of others above one's own	Selflessness	Not seeking help for health problems because personal health is not a priority
Commitment to protecting the team	Loyalty	Complicated guilt or colluding with masking so as to protect colleagues
Toughness and ability to endure hardships without complaint	Stoicism	Not acknowledging distress and suffering
Becoming the most effective professional possible	Excellence	Feeling ashamed of perceived imperfections
Commitment to operational service	Operational Focus	Reluctant to risk deployability

# SELF-REFLECTION: WHICH DOMAIN OF LIFE IS MOST IMPORTANT RIGHT NOW?



- Pick one that is important right now?
- How satisfied are you in that part of your life now (1-10)?
- What values matter to you in that domain?
- How important is living that way to you (1-10)?
- What does that look like to you?

# SETTING YOUR INTENTIONS

Acceptance	Curiosity	Joy	Romance
Accomplishment	Emotional Health	Leadership	Security
Abundance	Environment	Loyalty	Self-Care
Achievement	Excellence	Nature	Self-Expression
Adventure	Family	Openness	Self-Mastery
Altruism	Flexibility	Orderliness	Self-Realization
Autonomy	Freedom	Personal Growth	Sensuality
Beauty	Friendship	Partnership	Service
Clarity	Fulfillment	Physical Appearance	Spirituality
Commitment	Fun	Power	Trust
Communication	Holistic Living	Privacy	Truth
Community	Humor	Professionalism	Vitality
Connecting to others	Integrity	Recognition	Walking the Talk
Creativity	Intimacy	Respect	Other:

## • Reflection Questions

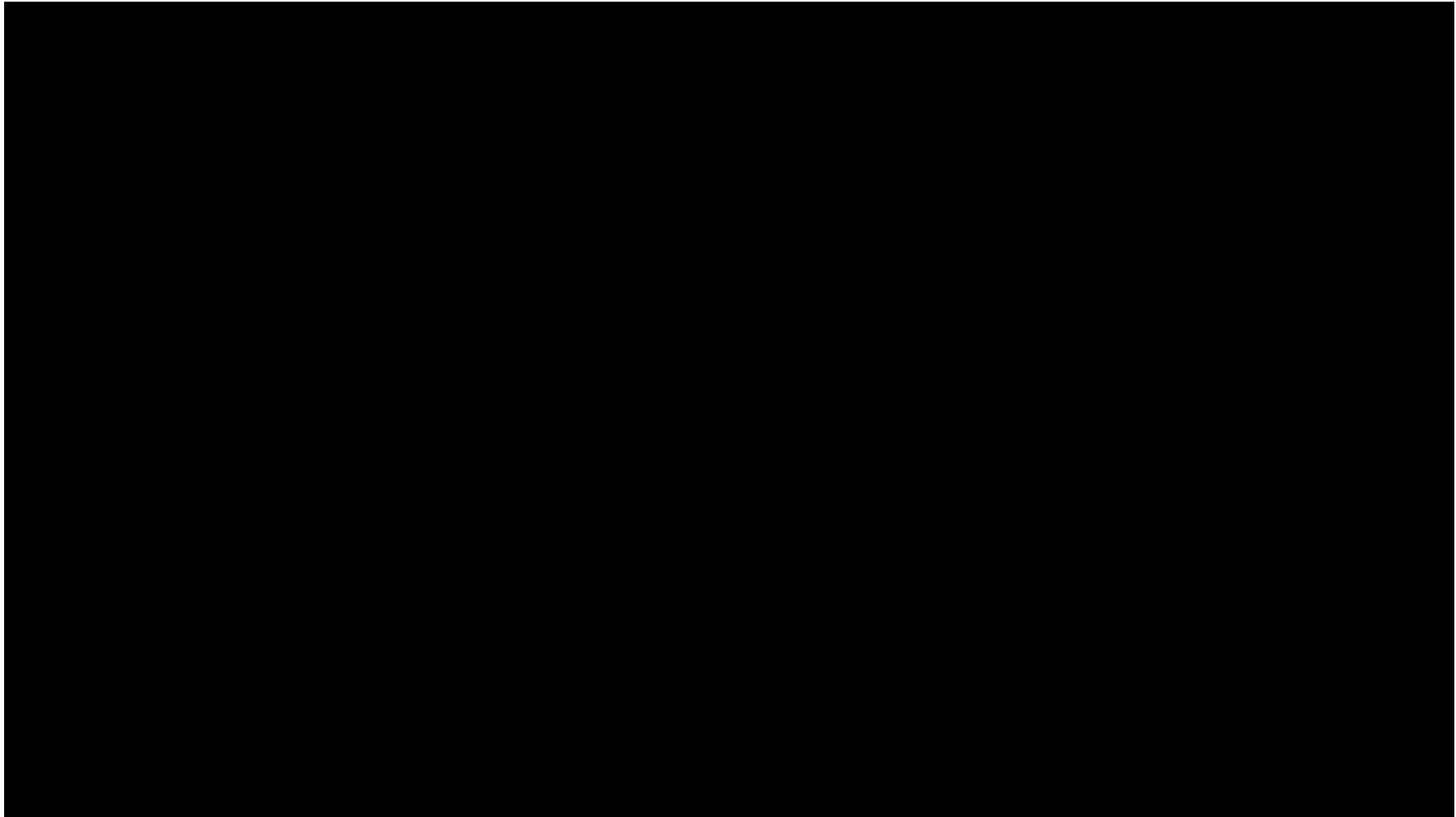
- I like myself more when I live this value because...
- When in my life has this value been important?
- When have I violated this value and what has it cost me?
- What have I seen in my life when others pursue this value? Or not?
- How do I look to others when I live this value?
- What does my internal critic tell me that stops me?
- What judgments of myself and others show up when I reflect on this value?
- How has it *felt* when I have lived this value?
- What do I do when I act according to this value?

# SMALL STEPS

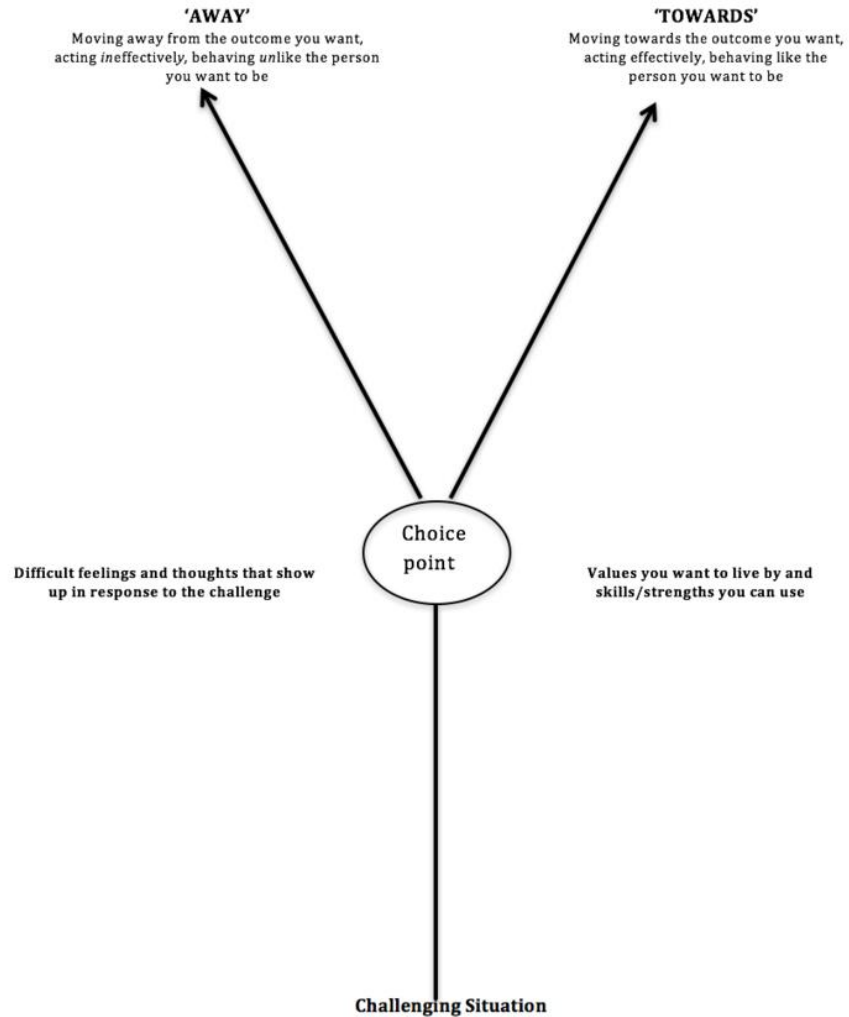




# THE CHOICE POINT



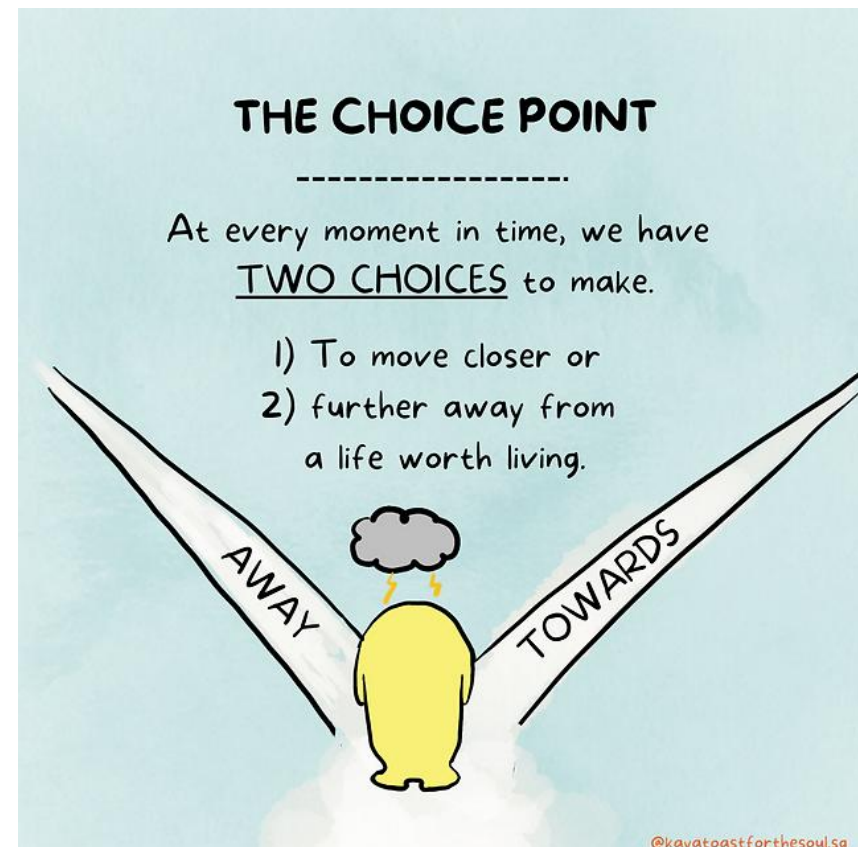
# CHOICE POINT



- A plan for action
- Know that difficult feelings might come up

# WHEN IS A SMALL BUT DIFFICULT MOMENT COMING UP WHEN YOU MIGHT LIVE YOUR VALUES?

- Where will you be?
- Who will be there?
- Thoughts that might show up
  - Words, images, memories
- Urges to away actions
  - Posture, movement, where you look
- Reactions in your body you might notice
- Feelings you might notice
- What is a small toward move you could choose?



# HOICE POINT

Growl at the kids.  
Might work in the short term - they will be quiet, but tends to make things worse in the long term. Is a buzzkill for the evening. Gets in the way of them opening up to me.

**'AWAY'**  
Moving away from the outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

**'TOWARDS'**  
Moving towards the outcome you want, acting *effectively*, behaving *like* the person you want to be

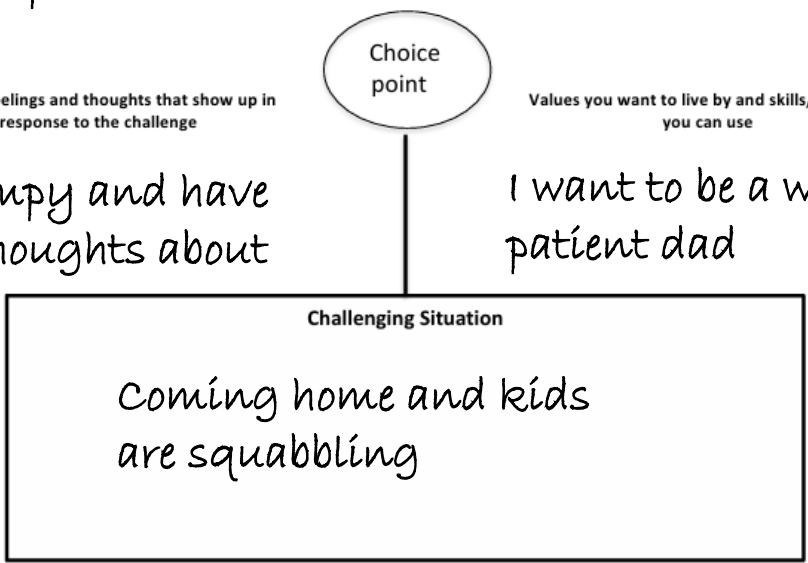
Start a Nerf fight, cos I know this shift the energy, then have a hui about it after when the tension has disipated.

Difficult feelings and thoughts that show up in response to the challenge

I get grumpy and have unkind thoughts about my kids

Values you want to live by and skills/strengths you can use

I want to be a warm and patient dad



Challenging Situation

Coming home and kids are squabbling

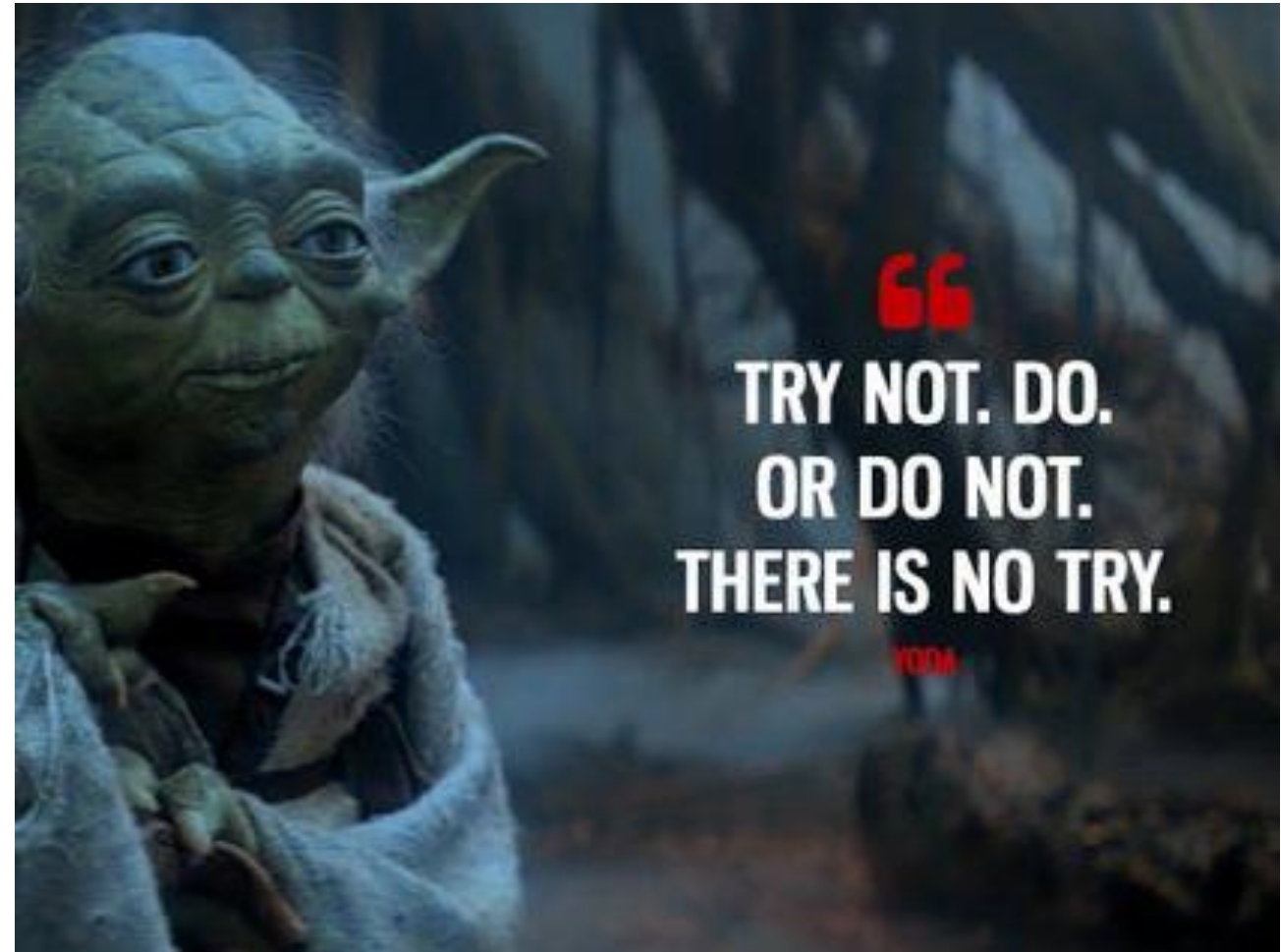
# SUMMARY

- Why having purpose and meaning is important (you live longer)?
- How to tell the difference between values and goals, and when each matters.
- How to tell the difference between YOUR values and the values of the people/society around you.
- Some practical things you can do to help live your values
  - Choice point
  - Intention setting



## RESOURCES\*

- Mindfulness and Acceptance for Stress Management
- Happiness Trap
- The Reality Slap
- The Subtle Art of Not Giving a F@ck



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QUESTIONS?