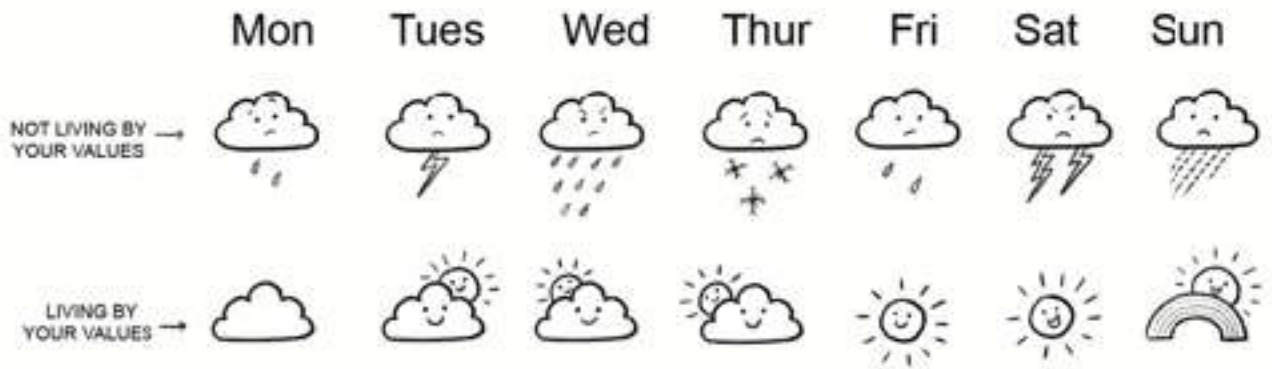


DESIGNING YOUR LIFE AND LIVING YOUR LIFE: YOUR VALUES



Living a meaningful life and doing what matters is ultra-different than living a reactive life organized by obsessions, fears, worries, and anxieties. Dozens of research papers show that people are healthier, have better relationships with others, perform better at work—whatever work they’re doing—and are happier when living a life worth living.

Here is a summary of what values are:

- Values are freely chosen qualities you want to embrace or HOW you want to show up to life and are ongoing actions, steps, and behaviors you choose to



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make. Values and HOWs are used interchangeably in this workbook.

- Your HOWs apply to different areas of your life – personal, relationships, work, spiritual, and health.
- Values are different than goals, feelings, wishes, and hopes about others' behaviors towards you.

Goals are specific steps, of any size, you check off from your list towards your values but your values are principles you are always striving for. *Feelings* are transitory experiences that shift hundreds of times, that we have zero control of, and are different than a value because values are qualities we want to be remembered for. *Expectations about how we would like to be treated* are that, hopes and wishes about how other should behave but amazon is still not selling a device to manage others.

- The only way to live your HOW is with our feet, hands and mouth.
Values without actions are meaningless and that doesn't mean that you have to make big moves all the time; living your values is about taking any size of an action –petite, medium, small, large or extra-large– towards living a meaningful life.
- Keeping track of your values is not torture you but to keep you engage.
You can use the values-dashboard or any other logging system that ideally is visible, tangible, and physical so it keeps you driven.
- Living a purposeful life requires you to recharge, refill, and replenish your resources.



Striving for overcoming OCD and doing what matters it's an amazing thing and has tons of benefits in our life. You know what matters, what's important, and what's worthy, and yet, if you only withdraw from your body and mind accounts, that's not sustainable and it has a downside: burnout.



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