

Turning Values into Verbs



Values

First, use this link to think about and choose values that are most important to you (this is a Google form, so if you are using Edge as a browser, you might need to copy and paste the link into Google):

https://docs.google.com/forms/d/e/1FAIpQLSdDcfoxHZKrJD_IHLlybjNa07aEZFAer8fj2voUCGUgp3vZlIq/viewform?usp=sf_link

Next, get out a piece of paper, open a word doc, or simply use the comments section below and make a note of your values.

Now take a few moments to close your eyes and visualize yourself at your own retirement party (you may already be retired and so simply imagine experiencing this). What do you wish people would say about you? Then, when you are ready, write those things down.

For example, maybe you want to be thought of as loving, caring, determined, or creative. Maybe you'd like to hear that you always stuck up for the underdog or had been "present" in life, always pausing to smell the roses.

As you begin to jot these down, notice that you're uncovering or reaffirming your values and finding if there are differences between how you are currently living your life compared to how you want to live your life.

Notes on Values

Actions

Now, once you decided on your top values, write examples of how you could translate them into **actions that create connection with others**.

Examples

- **Mindful/living in the moment:** Pay attention, on purpose, to life just as it is, on a daily basis.
- **Generous:** Volunteer or give money to [pick your organization].
- **Strong Family:** Put the phones away at the dinner table.
- **Friendly:** Smile at people I interact with.

Now, **for at least the next two weeks**, turn your most important **values into verbs** by asking yourself the 3 questions below. If you need to, you can use your examples to guide your answers.

The 3 Values into Verbs Questions

1. What VALUE TO VERB am I focusing on?

This could be anything, large or small. Helping, sharing, donating, co-operating, and volunteering are some examples.

2. **What action can I take TODAY that is in line with this purpose?**

Think of what you already have that can help people (your smile, money, time, knowledge/authority, fame).

3. **What is this action IN SERVICE OF THAT IS GREATER THAN MYSELF?**

This could include any number of things, for example, more kindness in the world, reducing childhood obesity, improving air standards, fighting poverty or injustice, etc...