

Values and Beliefs

Introduction: Values and beliefs help us develop our rules for living, creating a sense of safety while influencing our behaviour and underpinning our decision-making. We construct our identity and self-concept based on these rules for living, providing us with a manual to navigate away from negative emotions like shame and to lead more fulfilling lives. They also assist us in holding ourselves accountable, and in an ideal world, we would choose to surround ourselves with people whose views align with ours.

- The Significance of Values and Beliefs

Section 1: Aligning Values with Your Social Circle

1.1 Do you surround yourself with people who have similar values as yourself? How do you explore being different and curious about how others have developed their value systems?

1.2 Do your values match your family's?

1.3 Does your line of work meet with your value system?

1.4 Does work give you a sense of purpose, and do you believe in your workplace?

Section 2: Defining Your Personal compass

2.1 What are your rules and compass for life? Image you are on your death bed what might you want to share with the world about what you have learnt?

Section 3: Influence and Origins

3.1 Imagine you were an alien and had to describe yourself physically, and emotionally. How would you describe yourself, and where did these beliefs come from (parents, education, peers, media)?

3.2 Who influenced your thinking the most while growing up? How do you feel about them now?

3.3 Who has the most control over your thinking now?

What are your beliefs about the aging process? What do you look forward to? Are there aspects of your life you would like to have done differently are you still doing them, what do you need to change?

4.1 How has social media impacted you?

4.2 How does social media shape your thinking?

4.3 How have your values and beliefs posed challenges or advantages throughout your life?

4.4 Have you had to make your values and beliefs, or have they been set out for you?