



MODULE 2: YOUR COMPASS

VIDEO TRANSCRIPT

Welcome back. I'm so grateful to have you here. This module is about some of the most vital work you'll do in this course, and I also believe in your life.

TODAY WE'RE GOING TO FIND YOUR INNER COMPASS.

This compass, which will give you direction and guide your change making journey, is your values. Any actions you take toward change need to be in service of your deepest values to help you cultivate a vital, meaningful and inspired life and to help you sustain lasting change when the going gets rough.

I hope right now you're thinking to yourself okay, so what does that word values actually mean? Values are your heart's deepest desires for the way you want to interact with the world, with other people and with yourself during your brief time on this planet.

I like to use the compass metaphor because the most skillful among us use our most important values to help make decisions, to illuminate how we want to show up in our relationships and to bring direction to our lives. When you're living in alignment with your values, it means you're in touch with what really matters to you in the big picture.

If we aren't consciously clarifying our values, spending time uncovering and choosing the things that are truly most important to us, then we're living by our inherited or unconscious values. We all inherit values from our parents, our upbringing, society, popular culture and from other experiences in our lives.

Some of these values are going to be either helpful or unhelpful as guides to our most meaningful lives. For example, the culture that I'm a part of says that women should always look young, unwrinkled and slim but not too slim, and toned but not too bulky. I need to look perfect in order to be good enough.

I've inherited these values of looking young, being slim and looking perfect just by nature of being born in my society. While I do care about my body and want to invest in feeling and looking my best, in my heart of hearts, my most meaningful life isn't one where this guides my inner compass. I don't want it to be at the core of everything I do or how I show up in the world.

What's more important to me are values like generosity and integrity. As adults it's up to us to check in with and continue to refine what we consciously want our values to be so we're not unconsciously living by our inherited values.

.....

It's also important to acknowledge that our values naturally evolve over time. As our priorities change, our life experiences influence our perspective. This evolution is part of cultivating a strong inner compass, one that guides us toward a life we love.

NOW LET'S TAKE A FEW MINUTES TO CLARIFY WHAT VALUES ARE NOT.

Values are not goals or outcomes. Goals are things you can obtain or achieve. They're concrete events, situations or objects. They can be completed, possessed or finished. Values on the other hand are a direction we move in not something we ever complete.

For example, a person with a value of caring for others might set a goal to get a degree in social work or medicine but even after they achieve that goal, they're still able to find other ways to walk in the direction of caring for people by setting new goals and continuing to let this value guide the way they interact with the world around them.

There are always steps we can take to move towards our values. Values are also not feelings. They aren't about wanting to feel happy or excited or loved. Values are specific qualities or characteristics that we want to guide our behavior regardless of how we feel.

If connecting with others is an important value to me, I may still feel afraid and vulnerable when I take steps in that direction, but my value of connection rather than my feelings is what I'm using to guide my behavior. Values are not something in the future. They describe how we want to behave on an ongoing basis in the present, so they're always available to us in any moment.

They're meant to be continually lived and expressed and values are always available to us regardless of our external circumstances. Values are not something we need to justify. Values are like our taste in ice cream.

We don't need to justify why we like mint chocolate chip, strawberry or vanilla. Values are simply a statement about what's meaningful to us and we never need to justify that to anyone else.

Values are beyond right or wrong, good or bad, they're simply an expression of what matters to you and you should expect that your values will sometimes be different than the values of the other people around you. Another important aspect of living a values driven life is the need to use our inner compass both to guide our behavior towards others and also towards ourselves.

For some of us treating ourselves with the same care and consideration that we treat others doesn't come naturally and needs extra attention and work. For example, a few of the core values that Amber and I have around Luminary are compassion and growth.

We want to create educational experiences that help people grow into their healthiest, most thriving selves and we want the approach we take in our courses and workshops to feel deeply compassionate to our participants. We're constantly checking in with those values to make

.....

sure our offerings line up in a way we feel proud of.

A little over two years ago, Luminary was really progressing at an amazing pace and we were both generating some exciting and valuable contributions to our business and then I got pregnant. This was a planned pregnancy, both Amber and I intended to weave the new experience of motherhood into the way we ran our business.

We knew it would change the way we work together, but of course didn't know just how much this baby would change things. Now my son is a year and a half and I'm still, like all parents of young children, living in the challenges and rewards that come with investing in career and family simultaneously.

One of the hardest but most valuable parts of this for me has been continually readjusting my expectations around my productivity and learning to set generous timelines for my contributions. This is really hard for me. I'm really fortunate to have Amber as a business partner.

Throughout this whole process she's extended to me the same values based compassion and growth mindset that we extend to our students and has helped me grow in the way I offer my value of compassion to myself when I feel like the work/family life balance is less graceful than I'd like it to be.

Becoming a parent has really encouraged me to increase my ability to treat myself in the same way I treat others, with plenty of compassion and room for growth.

NOW, LET'S TALK ABOUT WHY CLARIFYING OUR VALUES MAKES IT INTO A COURSE ABOUT MAKING CHANGE.

There's no use trying to implement changes in our lives if those changes aren't bringing us closer to the things that matter most and make our lives better.

Your values are the deeper why behind the changes you want to create. Knowing what your deeper why is will help you sustain a higher quality motivation over the long term and connecting with your deeper why will make it easier to deal with the difficulties that are inherent in the change making process.

I want to make sure that you're not just achieving your goals or simply checking off the boxes on a to do list, but intentionally and successfully creating a life that you love in the process. Our culture puts a huge emphasis on achievement and outward successes.

The myth is that once we've made the money, landed the job, finished the project, gained that recognition or arrived at whatever marker success looks like for us, that we'll find fulfillment. The truth is, there's a huge cost to living an achievements focused life.

When we're solely focused on the goal in finding happiness in the future, we're not

actually connected to our lives in the present. We're only satisfied if we meet the goal and unfortunately sometimes don't ever end up feeling fulfilled, even if we meet the goal. That's why a values focused life is vital.

When we align our actions with our values we're inherently engaging with our lives in a fulfilling way. Each step of the way towards meeting a goal can have meaning, even if we don't actually meet the goal and if we do meet our goal, it's much more likely to feel rewarding because it's aligned with our deeper why.

Life is about rich connections, treasured experiences and meaningful contributions. We get closer to this when we adopt a values based approach to everything we do. Now it's time to learn about and clarify your own values. Enjoy the exploration this week.

This can be really fun, juicy work. It may challenge you at times but it's so worth the journey and this work will inform everything else you do in this course.

When you're ready to continue, go ahead and download the Module Two workbook. It will help you start cultivating your inner compass. I look forward to being with you again in Module Four!