

Personal Values Mastery

Having supported thousands of people to clarify their values over the past decade, we have learnt an enormous amount about what truly enables people to embody and live their values.

So what works? The following are the key principles of success for aligning effectively with your values.

1. People who have a high degree of personal values alignment review their values at least two to three times a year, and eventually narrow their personal values down to the most important three to five values
2. They deliberately consider their personal values in all significant decisions they make
3. They recognise that their values are both a noun and a verb; that is they both contemplate and act on their values

Other aspects of personal mastery as identified by Paul Chippendale are:

People with a high level of personal mastery share several basic characteristics. They have a special sense of purpose that lies behind their vision and goals (i.e. they are clear about their values and know why they are important). Their vision is a calling rather than simply a good idea. Their current reality is an ally, not an enemy. They work with forces of change rather than resist those forces. They are deeply inquisitive and committed to continually seeing reality more and more accurately. They feel connected to others and to life itself, yet they sacrifice none of their uniqueness. They feel part of a larger creative process, which they can influence but not unilaterally control.

People with a high level of personal mastery live in a continual learning mode. They never arrive. To some, the term "personal mastery" creates a misleading sense of definiteness, of black and white. But personal mastery is not something you possess. It is a process. It is a lifelong discipline. People with a high level of personal mastery are accurately aware of their ignorance, their incompetence, their growth areas. And, they are deeply self-confident. Paradoxical? Only to those who do not see that the journey is the reward.



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