

The Power of Values

Our power comes from living a life in alignment with our values.

When you think of a genuinely powerful leader, what comes to mind? Probably someone whose presence and voice are consistent. There's no question about her authenticity and the conviction of her message – what she says is what she does. Her actions are in alignment with her core values—the qualities and beliefs that she holds as the uncompromising tenants of her life.

When a leader is clear on her core values, they become an inner compass helping her to navigate her life. She must choose either to uphold her values or to ignore them. Ignoring our values diminishes our power. Acting and speaking in opposition to our inner truth creates an inner conflict that affects how we present ourselves to the world. Just remember how it felt when instead of holding your ground, you squelched your values in favor of the office politics, the demands of your boss or the company line.

To live in alignment with our values, we must know them. When we are happy and feel powerful, we are living in alignment with our values. When we are angry our values are being violated. Spend some time off in a favorite quiet place to reflect on circumstances that evoke strong emotions – deep happiness or overpowering anger. List the values or qualities connected with those emotions. Typical values are love, contribution, achievement, family, health, friendship, compassion, learning and growth. Don't expect this process to be quick; it will take time to identify your core values. Once identified, your values will be a compass to guide your life and your decisions.

Living in alignment with your values will help you be a truly powerful leader.

I challenge you to try it!

For more information on living a values-driven life, contact Nancy Monson at nancy@nancymonsoncoaching.com.

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