

Understanding Our Values

To truly understand yourself, it is important to understand your Values, their Origins and if they really resonate with you. For this, we will be making the Habit Card. You can follow the steps given below.

The Habit Card

VALUE	ORIGIN	IS IT TRUE TO ME?
Kindness	Parent	Yes
Good Appearance	Social Media	Not really
Discipline	Teacher	Yes
Addiction	Friends	

Step 1: Make a table like the one given above. Write down at least 10 Values that you see in yourself. Don't worry about whether they are good or bad or influenced by other people at this stage. Just write down what you have noticed in yourself with Honesty. *Remember, this is just for you. The more honest you are to the process, the more benefits you will get.*

Step 2: Try to recall the early instances in your life where you started to develop this value. It can be usually influenced by people or situations. Write that down.

Step 3: This step needs some reflection and thinking. Think if this value and the actions associated with it come to you naturally. Reflect on how the value has served you.

(Step 2 and 3 can be improved by using the meditation technique given to you earlier. You can find it [here](#).)

Step 4: Once you know what is really true for you, you can start experimenting to act in ways in accordance to your values. You can use our [Four A's of Progress](#) for reference and inspiration. All the best!