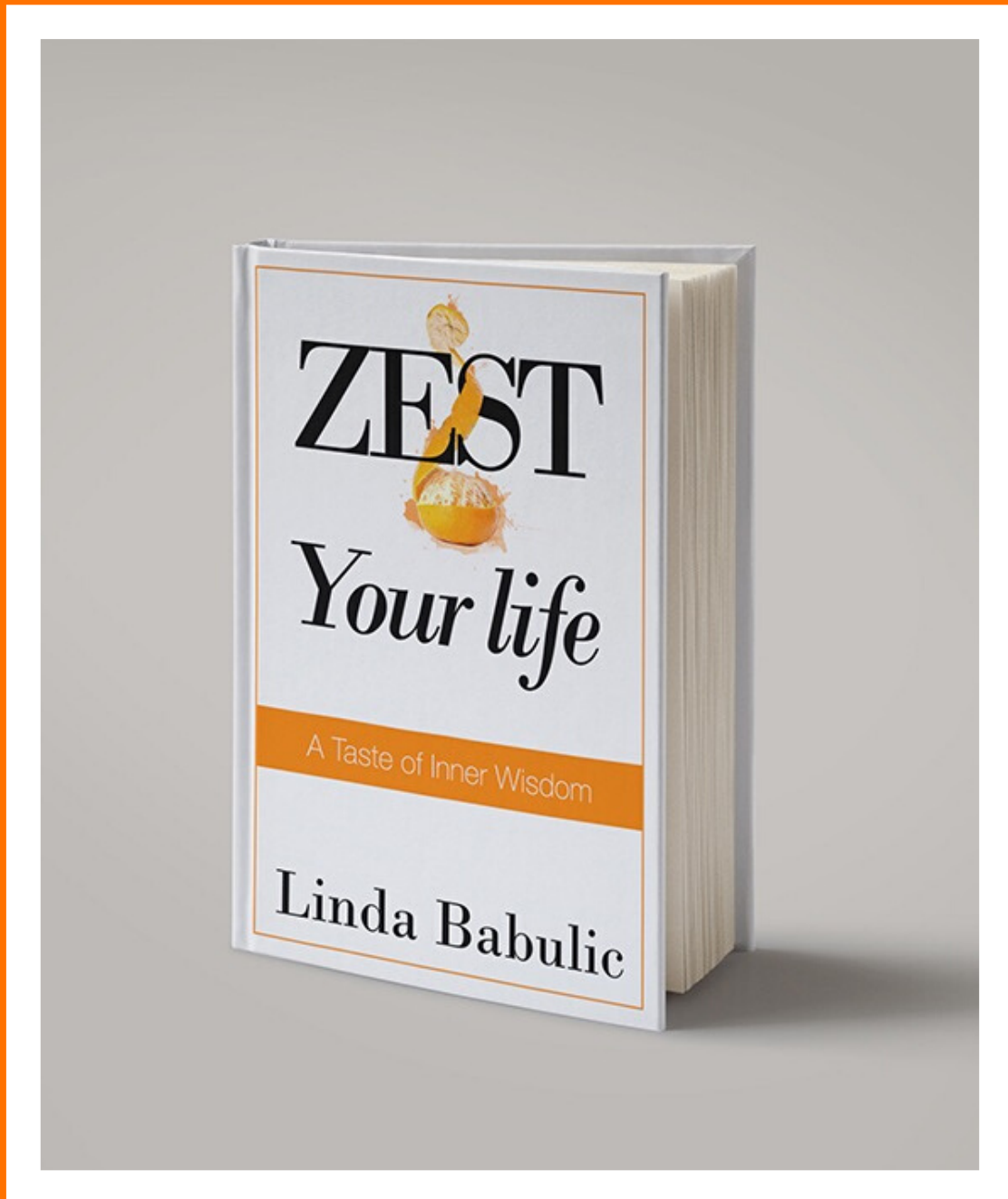


A GIFT FOR YOU FROM

Linda Babulic



Chapter 21

Values: Maps that Guide You

“Values are people’s most important life priorities, the bases for what they actually do, what they want to accomplish, and how they want to be. When we live out our values, we commit our actions to the important matters of our lives, not the trivial. Ideas like ‘individual character’ are built around deeply held values, and the meanings and world views associated with them.”

—Paul H. Ray

Values change to reflect the culture and society of the day.

Public perception of smoking and its acceptance has changed. For years, smoking was accepted anywhere and anytime; that has changed because societal values have changed. Not drinking and driving is a value that has changed. Years ago, the general population didn’t think twice about having several alcoholic drinks and then driving home. Wearing a seat belt and wearing a helmet to ride a bike or motorcycle are values that are now commonplace.



For example, a big fraud case in the United States revolved around the CEO at WorldCom. He probably didn't set out to commit fraud. He juggled the books a bit to save people's jobs and make more money for the shareholders. However, he juggled the books and the whole thing came down and caused a financial crisis. The CEO may tell you that honesty was one of his values, but when it was tested his actions didn't align. So obviously this was not one of his values.

When you get together with friends and family you may imitate the behaviors that you saw when you were younger. You may do the same things that you saw your mother and aunts doing: laughing, cooking, working. Were they having fun? Values are similar. We tend to mimic what we see, unless we are given reason to question those actions or values and realign with new ones.



Where and when do values start? Even before kindergarten, you learned some values from your image makers. They are the people in your life who mold and sculpt you into the person they want you to be. In 1988, Robert Fulghum published the following poem about values.

**All I Really Need To Know
I Learned in Kindergarten**

All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandpile at Sunday School. These are the things I learned:

Share everything.

Play fair.

Don't hit people.



Put things back where you found them.

Clean up your own mess.

Don't take things that aren't yours.

Say you're sorry when you hurt somebody.

Wash your hands before you eat.

Flush.

Warm cookies and cold milk are good for you.

*Live a balanced life—learn some and think some
and draw and paint and sing and dance and play
and work every day some.*

Take a nap every afternoon.

*When you go out into the world, watch out for traffic,
hold hands and stick together.*

Be aware of wonder.





Linda Babulic is a ZESTY Executive Life Coach, author of the Amazon #1 International Best Seller ZEST Your Life - A Taste of Inner Wisdom, speaker and certified Dream Coach®.

With over 25 years of experience in the public, private and non-profit sectors she has worked with people from all walks of life — from The Right Honourable Kim Campbell, first female Prime Minister of Canada, entry level managers in the auto parts industry to federal inmates serving life sentences.

“I help leaders crystallize what they want in business and life so that they are in power and control. And then, I help them build a strategy to align, amplify and attract their ZESTY dreams.

Unlike many focused primarily on motivation, we bring this to life through open heart connection, defining values, and the wisdom of ancient women’s teachings.”

From keynote speeches, to coaching and consulting, to workshops and books, Linda addresses the growing need for connection. Her mission is to move you to a place of power, perseverance and ZEST. Her talks and programs serve anyone seeking greater meaning, deeper understanding and the kind of joy that comes from the heart. Her work, her energy and her smile make the world a better place.

Creator of:

1:1 Influence Builder©

Powerful First Impressions©

Juicy Effective Conversation Techniques©

Website: <https://lindababulic.com/>

Linda@LindaBabulic.com

Available days Monday to Saturdays. Book a free 30 minute ZESTY power chat with Linda here: https://go.oncehub.com/zest_connection

Send me a personal message if you require an evening call.

613.850.4955