Life Rules and Values

Let’s look next at the area of life rules.

Your clients all have a set of rules they follow which serves as a guide to their lives. For the most part, these rules exist in the background. Although they are often concealed from conscious awareness, they shape your clients’ expectations and interactions. Uncovering and becoming aware of these rules or conditions is essential for them to move powerfully forward on purpose. By exposing and clarifying what our expectations or life rules are, your clients will become free to examine just how they support or hinder them in their relationships and in the achievement of their goals.

When your clients violate the life rules based upon their value systems, frustration, anger and ineffective communication result. When they honor their values, life works.

Being productive is a natural state that comes from people doing what they enjoy and honoring their most important values. Productivity and having fun are closely related.

The corollary is most often true as well. When people are not having fun, they are not honoring their values and their productivity decreases. Another way to say this is "Do what you love and the money will follow."

By encouraging your clients to follow their passions, they will be able to maximize their most productive state of mind. Doing what they love is the best way for them to live their core values. Developing clarity on exactly what their life rules are and which values must be honored for their lives to work optimally will result in maximizing their personal power.
Values make up the core of who we all are. When your clients live their lives in sync with their values, they will function at their highest level. When they fail to honor these essential values, they are likely to become angry and their communication will shut down.

Some examples of values are:

*adventure *creativity
*recognition *security
*joy *belonging
*excitement *peace
*intimacy *love
*spirituality *freedom
*happiness *communication
*integrity *power
*safety And there are many more.

Your clients’ values will continually evolve as they do. When they focus on living from their values, these values become honored and satisfied. This allows your clients to then shift their focus to other evolving values. The key to a life that is satisfying and productive is to identify key values and make sure they are being honored. Until your client’s life and values are in alignment, life will look like an uphill struggle.
Some examples of life rules that are tied to values are:

* If I feel I belong, I can accomplish most anything.
* To be my best, there must be open communication.
* When I can contribute to others, I maximize my aliveness.
* To function at my highest potential, I need to express my creativity.
* Without the freedom to do as I choose, life is not worth living.
* When I am happy, I am powerful.
* My dealings with others must be based on integrity if I am to accomplish anything worthwhile.
* When I am at peace, I achieve great accomplishments.
* When I access my personal power, I concentrate on contributing to others and myself.
* When I feel safe and secure, I have the confidence to accomplish any task.

When your clients’ core values and life rules are honored, you will see that they are able to more easily step into their personal power to function at their highest level. When they are not fully aware of their life rules, they may put themselves in situations where they can be easily violated.

A common source of conflict between people is lack of familiarity with the other’s life rules. Resolving conflicting attitudes between your clients and their relationships is facilitated by supporting them in educating others about what their life rules are and how others are to interact with them. When you train your clients to educate others concerning how they wish to be treated,
by clearly communicating what is important to them and making any appropriate requests, they will have accessed more of their personal power. Likewise, the better they understand what values and life rules are most important to others, the better they will be able to work powerfully with them.

Let’s now explore how to assist your clients in honoring their values and living in harmony with their life rules. Ask your client to…

1) List at least 4 of their most important values. Give them a list of values to select from if they are having difficulty answering your question.

2) Ask them…which are being fully honored and which are not?

3) Have your clients consider…what life rules are associated with each of their most important values and to what degree are they being honored?

4) Ask them…how has not honoring these values and life rules affected their happiness and productivity?

5) Remember to always make a request that will move your client in a forward direction. For example, you might ask…What specific actions will you take to honor any values that are not respected now? And of course…By when will you take them?