

Pocket Truths

Volume #2

The secret to living a meaningful and enriched life.



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Introduction

I'm going to start here by asking you to reflect for a moment... I encourage you to find a quiet space so you have the capacity to think clearly without interruption.

.. Are you living a rich, meaningful and fulfilling life?

... Are you living as the person you want to be?

... Are you behaving in the way you wish to behave?

... Do you surround yourself with the people who support you to live a rich and meaningful life?



continued ...

If you've hesitated to answer any of the above questions, or if your responses are the opposite of the intended response, it is time to sit for a moment and focus on, or identify with, your values.

Values drive us. They motivate us. They incentivise us. Values trigger emotions, feelings, thoughts and behaviours. They define who we are and shape how we wish to interact in this world.

Living true to our values can support us to lead lives which are richer and more meaningful. Only then can we be the person we want to be and do the things which are most important to us.

Let's unpack this secret further and learn how you can start to engage more with your values to notice an increase in your overall satisfaction with life.

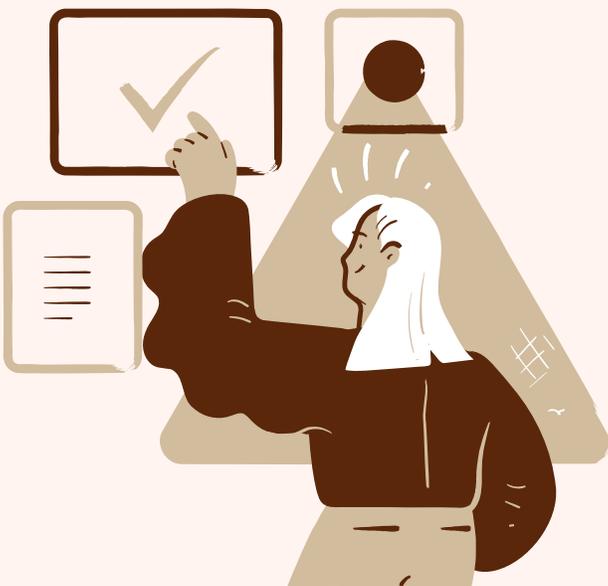


Defining your values

There are many values audits and checklists out there, and in my opinion this is the best place to start if you are unable to define your values.

I would recommend this checklist; it's a comprehensive list of the most common values.

https://www.actmindfully.com.au/wp-content/uploads/2019/07/Values_Checklist_-_Russ_Harris.pdf



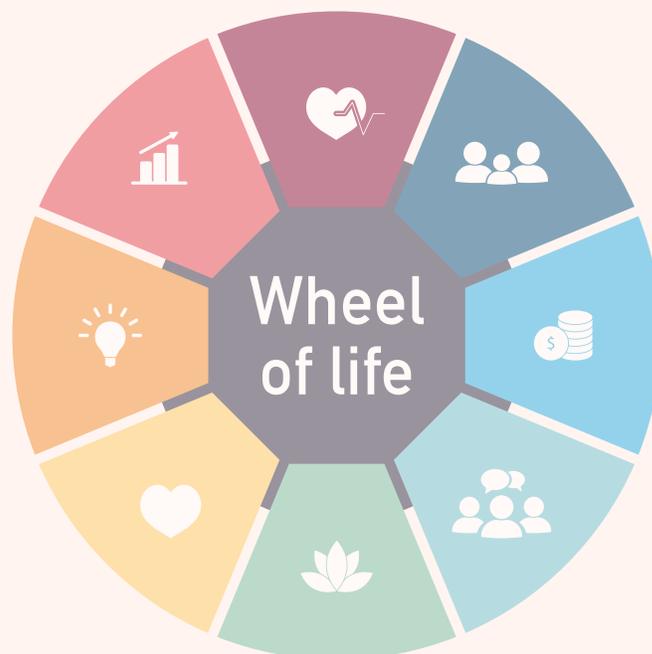
We can have a whole host of values which will make our lives more meaningful, however some values will be more important to you than others. I'd recommend selecting your top 3-5 values.



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Once you have been able to identify those values which are **MOST** important to you, you can then start to make some movement towards achieving greater alignment towards those values; to enable you to live a more enriched life.

Next step... Let me introduce you to the Wheel of Life. This a fantastic tool which can help you to measure your satisfaction across different life domains.



The Wheel of Life will support you to balance out those things influencing your overall wellbeing and identify areas of your life where additional focus or adjustment is required.

The life domains featured in the Wheel of Life can vary but may include health/fitness, family/friends, fun/recreation, community, money/finances, career/work, personal growth/learning, partner/love and spirituality.

Below is a great link which outlines the steps involved in completing the Wheel of Life.

https://www.youtube.com/watch?v=v_3cVR9mSz8



What I would recommend next is to identify one or two life domains where you scored low and set some goals which reflect your values. Make them realistic and achievable; start small.

For example; if you scored low in the life domain of health/fitness and an important value of yours is to maintain or improve your fitness/to look after your physical and mental wellbeing, your goals could look like this:

- add 2 walks/workouts of 30 minutes to your week
- start using a meal planner Monday - Thursday
- bring your lunch to work twice a week
- drink 2L of water each day
- establish a better sleep cycle - aim to achieve 7-8 hours of sleep each night
- dedicate 15 minutes every day for self-care



Remain self-compassionate when setting your goals - nothing too big too soon! This strategy will lead to great success, consistency and better results.

Values are so important. They are the secret to living a more meaningful, balanced, happy and enriched life. If you dedicate the time to become more aligned with your values and start creating actionable goals, you will notice a positive ripple effect across your life domains.



"By understanding what our most important values are, we can build a life around the kind of life that we want to live". - Derek Hagen

With kindness and love, Libby



About THE AUTHOR

Libby is the founder of Pocket Wellness and the author of Pocket Truths.

Libby is a Counsellor and Coach and has been working in the fields of rehabilitation and mental health since 2008.



Libby is fiercely passionate about wellness and well-being and dedicates her life to helping and supporting others



About THE AUTHOR

Libby is sociable, engaging, conscientious, highly self-motivated and resilient. She loves to make a positive impact on others; to educate and empower them to live a more meaningful, engaged and positive life.

Libby loves all things wellness, travel, the expat life, food, exercise, sunsets and music. But more than anything in the world, she loves being a Mumma!

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