CHANGE YOUR LIFE

Today is just the beginning



DESIGN AND LIVE YOUR IDEAL LIFE

BRENDAN BAKER

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CHANGE YOUR LIFE

Today is just the beginning

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who are alive."

– Howard Thurman



Welcome!

"The consequences of today are determined by the actions of the past. To change your future, alter your decisions today." – Anonymous

Welcome to Change Your Life, your guide for helping you *create* and *live* the best version of your life!



I am so glad that you have acted and decided to grab this course.

Unfortunately, most people in this world seemingly drift through life without any clear direction or purpose in where they want to go and what they want to achieve.

Most people fall into the trap of letting society guide them down a particular path that may or may not be aligned to what they genuinely want to do.

The fact that you are here now, reading this already tells me that you are one of the few individuals who knows that the life you live is *within your hands*.

You have shown this by already acting, grabbing this course, and starting to read it. This course is all about *action*. Small steps can lead to huge change.

If you have one take-away from this course, always remember the "3 C's":

*"It's about the **choices** you make and the **chances** you take that creates great **change** in your life."*

Why Change Your Life?

One thing I want to ask you up-front is *why do you want to change your life? What is the burning platform? What does the change in your life look like?*

There is a reason that you are here right now. Perhaps it is due to some difficult circumstances in your life that you are currently trying to overcome. Or perhaps it is that you are simply searching for the tools and resources to help you stay on track to reach your goals. Whatever it is, I want you to think about the core reason that you are here right now, going through this course.

This will help you to get your mind into the right headspace for tackling the areas that are most important to you.

Throughout this course, keep asking yourself this question. This will help you ensure that the goals you set for yourself and the action plans you create progress you towards where you want to go. But do not worry, there is a whole topic dedicated to helping you determine where you want to go.

I will keep reminding you of the above question as you progress, to keep you focused on what matters most to you.

How to Use This Course

When going through the modules and topics of the Change Your Life course, I suggest breaking it down into 'bite-sized' chunks over a period of time and to not try rushing through it all in one or two days.

With 21 modules over 5 topics, this is a lot to cover.

To ensure you get the most out of each module, reflect on your life *deeply*, understand *what matters most* to you and develop goals and action plans that are *relevant*. It is important that you give each module considerable *thinking time*.

This course will take about 3 to 4 weeks to go through. It is best used when you complete one module per day to allow for deep thinking time and reflection. At the end of each topic (roughly 4-5 modules in each) I suggest you also take a day to reflect on what you have covered so far in the course. Repetition and consistently going over your information will help embed the information into your conscious and lead to sustained change in thinking and behaviour.

This is *your* book. It is your **life book** to say the least. Once you have completed this course you will have a book filled with your own notes about yourself, your passions, your goals, your actions and more. It is something to keep close-by that you can refer to and update regularly.

Final Thoughts

When it comes to change, most people "set and forget" their goals. Remember, you have the *choice to act* and do the things you want to do.

This course will help you by guiding you, supporting you and providing the tools necessary for you to get clear, get motivated, and get started on what is most important to you in your life. Furthermore, you are provided tools to help you stay on track and ensure you continue to work towards and achieve your goals. That is my half of the equation and my promise to you.

The other half of the equation is you. This course is your course. Honestly, you will get out of it what you put into it. It comes down to acting and diligently implementing the strategies and actions that you develop for yourself.

This course *will* change your life.

I'm excited ☺

Are you ready?

Let's get into it!



Brendan

P.S. By the way, if you ever have any questions on this course or if you have any feedback, please do not hesitate to contact me directly at brendan@startofhappiness.com

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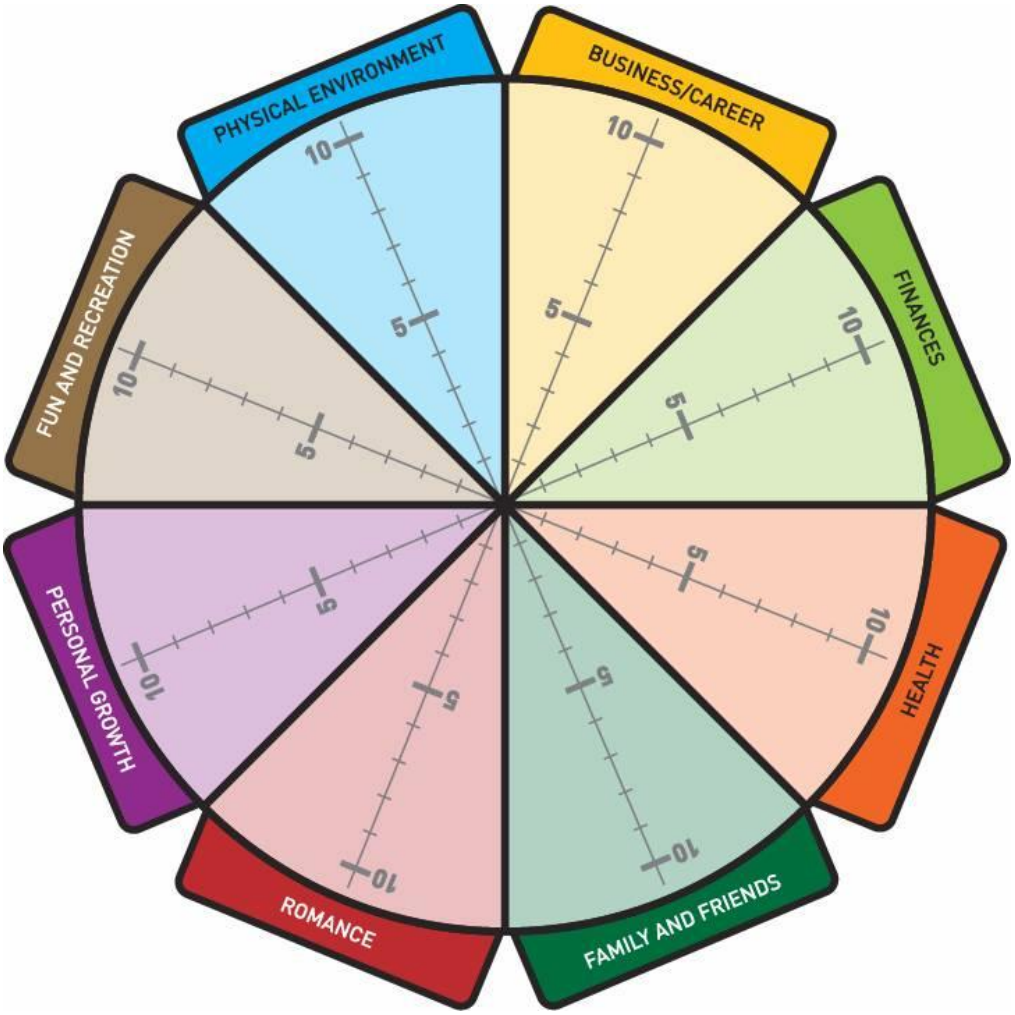
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Where Am I Now?

Wheel of Life - A Self-Assessment Tool

"I've learned that you can't have everything and do everything at the same time." - Oprah Winfrey



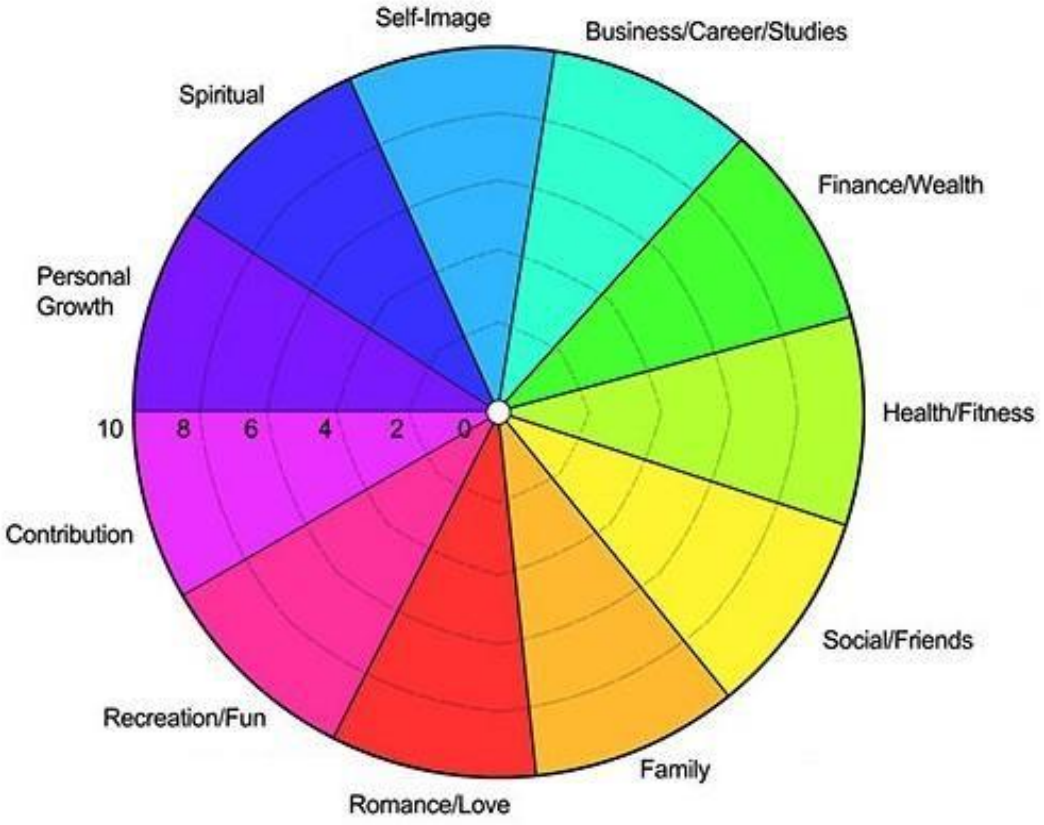
Welcome to your Wheel of Life!

As a starting point for making this the moment that you change your life, the Wheel of Life is the perfect tool to begin your journey. Using this tool, you will be able to reflect and gain some insight into the *balance* of your life and how satisfied you are in life's different areas. Following on from this self-reflection, you can utilise the tool to further delve into *why* your wheel of life looks the way it does, *what* you would like it to look like, and further *how* you can make this happen.

The Building Blocks of the Wheel

Essentially, the Wheel of Life is divided into different areas or categories that are important to you. It is a circle that is split into major categories of life including Business/Career, Finances, Health, Family & Friends, Romance, Personal Growth, Fun & Recreation, and Physical Environment. There is a scoring system behind using the Wheel, where you simply reflect and rate your satisfaction levels out of 10, where 1 is closest to the centre of the circle and 10 is at the edge of the circle. The wheel of life template I provide is colour-coded to simplify it and make it aesthetically pleasing... feel free to change this as you wish!

Note that the categories on the Wheel are a suggestion. You will find that with the default template will be able to score yourself in most key areas in your life. However, before you rush into it and complete the Wheel, you may like to put some thought into whether there are any other categories or specific areas you would like get an understanding of, such as Spirituality or Contribution to Society. Perhaps you may want to have Family & Friends as two separate categories to understand each more specifically. Below is an example of what your Wheel of Life may look like.



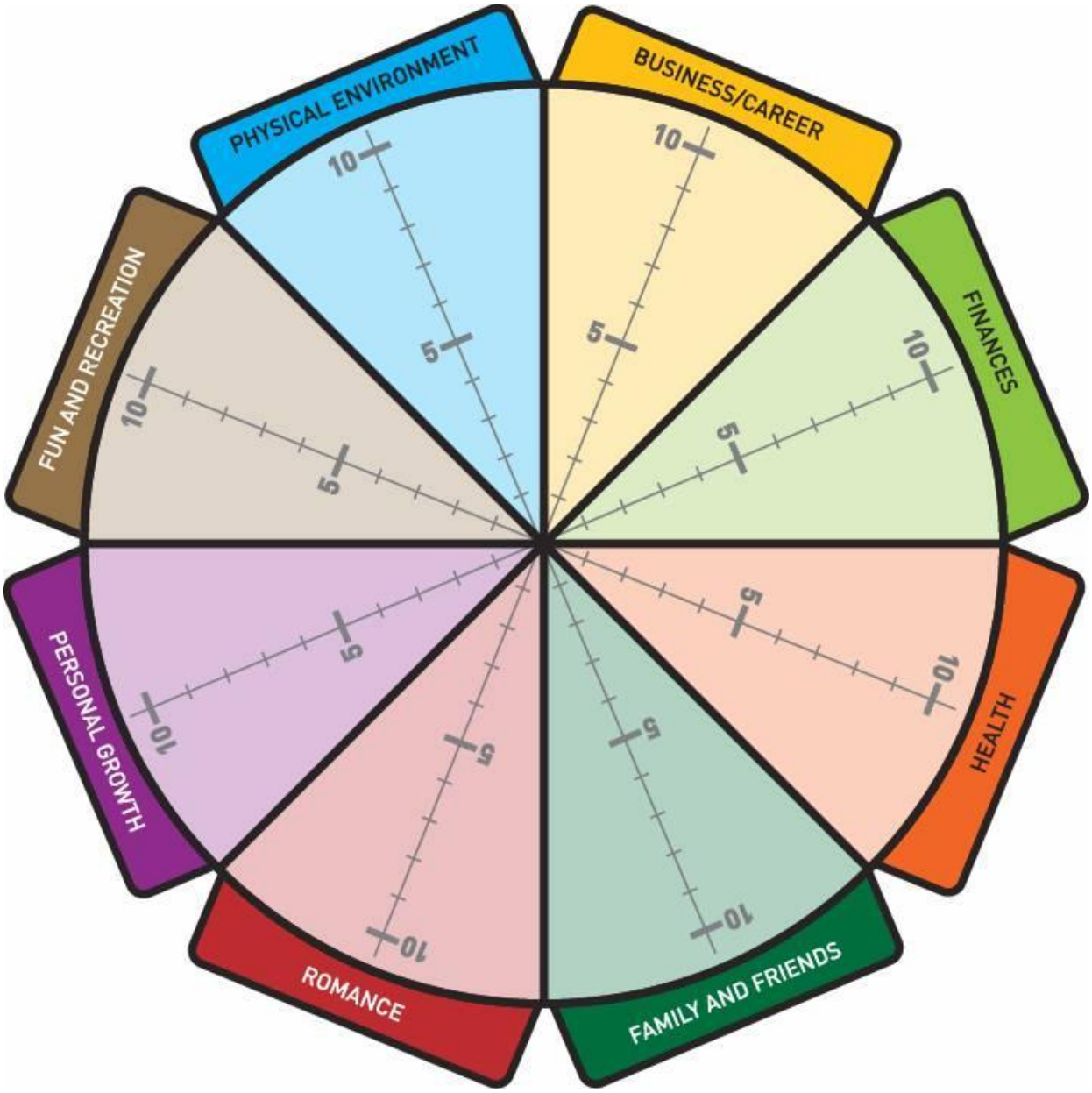
Remember, this is about *you* understanding what is most important for you and how well you are balanced across all of life's different areas.

One of the biggest benefits of the Wheel of Life is the pictorial representation it gives of your satisfaction with life. When your Wheel is completed, it will give you a spider-like diagram or 'inner-circle' of your satisfaction levels and allows you to quickly and easily identify any gaps between where you are now and where you want to be.

Now that you understand the building blocks of the Wheel, let's go ahead and actually do it!

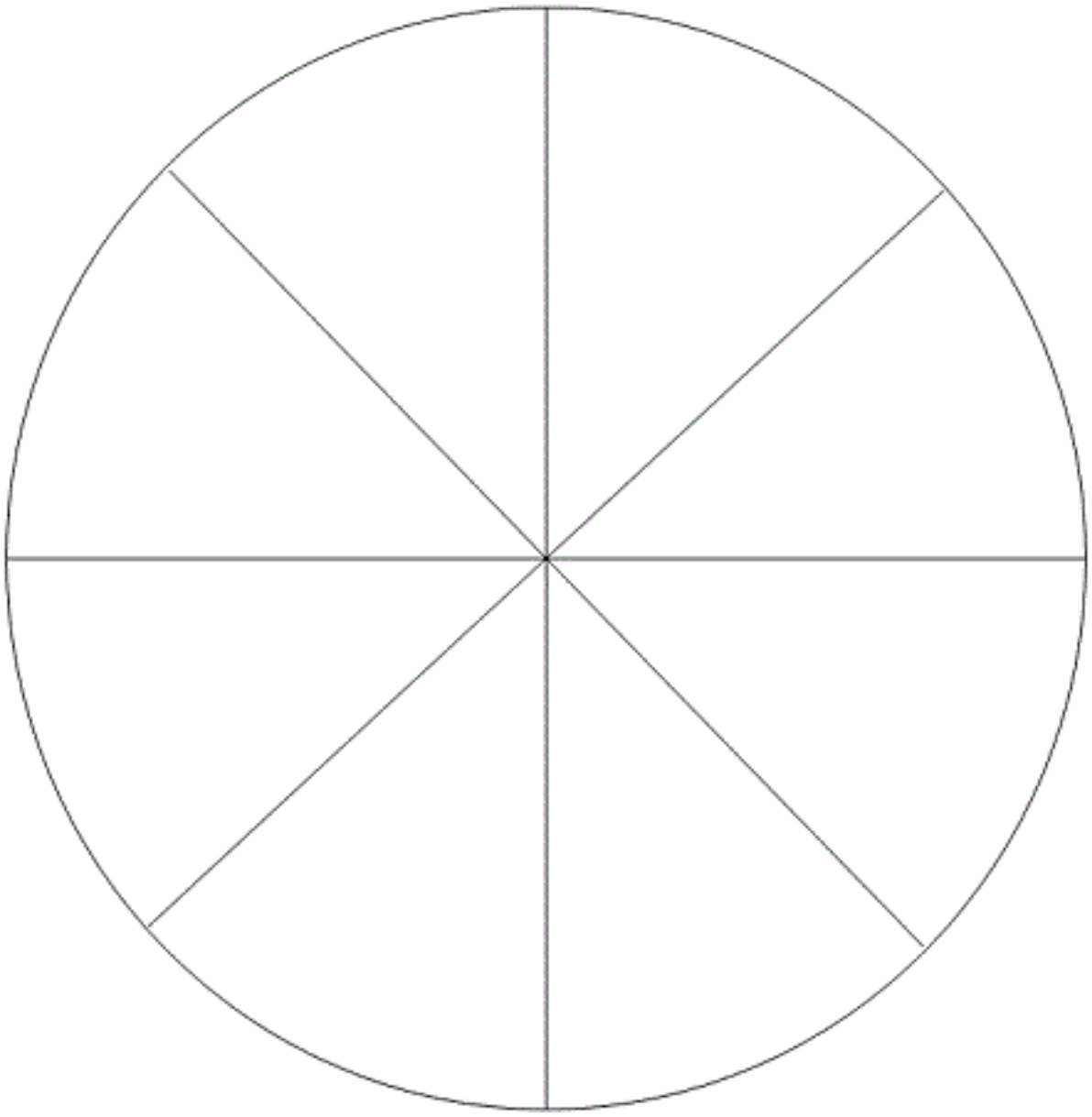
Step 1 - Setup

Use one of the below Wheels as a template, or simply draw your own on a piece of paper.



Date: _____

My Wheel of Life



Date: _____

Step 2 – Complete the Wheel

Ask yourself the question *"how satisfied am I in this particular area?"* against each of the different categories you have on your Wheel. Use the scale of 1 to 10, where 1 is completely unsatisfied and 10 is completely satisfied.

Put yourself in a place with no distractions and reflect on your life. Use your gut feel and do not dwell on it – this should be a very quick exercise. We will delve deeper into the wheel in Step 3.

To help you with this exercise I have provided some thought prompters.

Business, Career & Studies: Is your career where you want it to be by now? Are you heading in the right direction?

Finance & Wealth: Are you earning enough income to satisfy your current needs? Are you financial setup for future growth in wealth?

Health & Fitness: How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?

Social & Friends: Are your friends supportive of you? Are you engaging friends and socializing to your satisfaction levels?

Family: Is your family supportive of you? Are you supportive of your family?

Love: Do you feel loved? How often are you expressing love to others?

Recreation & Fun: Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do?

Contribution: How would others rate your contribution to society or them as individuals?

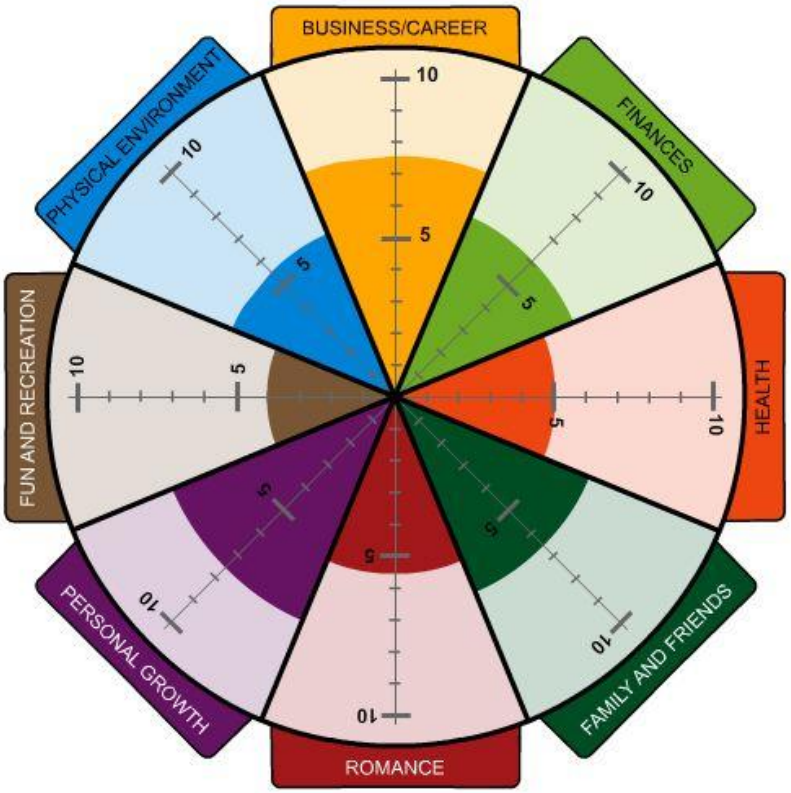
Personal Growth: How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?

Spiritual: How connected are you to the inner and outer world? Are you satisfied with your relationship with your spiritual being?

Self-Image: Do you think of your abilities highly? Do you respect and love yourself? Do you appreciate yourself?

Step 3 - Reflect

You should now have a completed Wheel of Life. It may look something like the below.



Take a moment to appreciate your Wheel of Life.

What does it look like?

Are there any surprises to you?

Understanding Your Scores

If you have scores of 8 to 10 for any of the categories, congratulations! You are very satisfied in this area. It is important you maintain what you are doing to ensure you remain satisfied in this area, however, do not overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have scores of 5 to 7 for any of the categories, you are reasonably satisfied in this area but there is opportunity to explore ideas to move this up the scale.

If you have scores of 0 to 4 for any of the categories, you are not very satisfied in this area and you will need to explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of 0 to 4 are full of opportunity!

I find this quite exciting when someone has a lower score as often the individual has not fully explored opportunities that are available to them. It is also the area where the individual can grow the most and get the most value!

Action

Looking at the shape of your wheel is not enough. You need to gain an understanding as to *"why"* your wheel looks the way it does to help you determine where you need to be spending your time and energy moving forward.

Take 10 minutes to answer the following questions:

Why did you score yourself in each category the way you did?

Category	**Score (0-10)**	**Why did I score it this way?**
Business/Career/Studies		
Finance & Wealth		
Health & Fitness		
Social & Friends		
Family		
Romance & Love		
Personal Growth		
Fun & Recreation		
Physical Environment		
Contribution		
Spiritual		
Self-Image		

What is my ideal score for each category to achieve in the next month, 3 months, 6 months, one year?

Category	1 Month	3 Months	6 Months	1 Year
Business/Career/Studies				
Finance & Wealth				
Health & Fitness				
Social & Friends				
Family				
Romance & Love				
Personal Growth				
Fun & Recreation				
Physical Environment				
Contribution				
Spiritual				
Self-Image				

Where are my biggest gaps in satisfaction levels?

Which area of my life do I primarily want to focus on to enhance my satisfaction levels?

An important thing to remember is that this is *your* Wheel of life. Is your current wheel crooked or is it balanced? What happens when you try to move forward, and you have a crooked wheel? How efficient and effective are you going to be in life if you cannot move forward in a balanced way? It is quite easy to become extremely satisfied in one area, but at what cost? For example, you can spend all your time and energy working on your career and make some fantastic progress.

Perhaps you will even become extremely satisfied with your finances and wealth. However, what may happen to your relationships? Your health and wellbeing? Are you having fun along the way?

The key is to find the balance and that is the beauty of the Wheel. To do this, you want to *grow* your Wheel, not balance your Wheel by trading off in some areas of your life. It is about moving forward, challenging yourself and pushing your boundaries to *expand* your Wheel and make it *bigger* while maintaining a *balance*.

Put the Wheel in Motion!

Based on the above, it is time to put the wheel in motion! (How is that for a pun??)

You now have a visual snapshot of how satisfied you are in different areas of your life.

Commit yourself to acting *NOW*.

Now that it is fresh in your mind, write 3 quick goals or actions you will take to help you restore balance to your life or enhance your life in the area(s) you feel most strongly about.

These could be as big as starting a new venture to help with your finances, or as small as calling a friend more regularly. Whatever you are most passionate about after looking at your Wheel of Life and while it is fresh in your mind, write your 3 points of action down *now!*

Use the template on the next page to guide you.

My Immediate Action Plan

Action #1

I will complete Action #1 by (date): _____ /_____ /_____

Action #2

I will complete Action #2 by (date): _____ /_____ /_____

Action #2

I will complete Action #3 by (date): _____ /_____ /_____

Next Steps

Congratulations!

You have just completed the first module of the Change Your Life course.

Keep your Wheel of Life close by in a place that you can easily refer to often.

Track your progress!

The Wheel provides a snapshot in time of your satisfaction levels and, ultimately, happiness. Complete the Wheel on a regular basis so you can easily track your progress. I recommend once a month, depending on what your goals are and when you have aimed to achieve them.

In addition, if you are going through a particular tough time in your life, it is another way of helping you quickly get visibility of what areas of your life you are dismissing or spending less time in. On the flip-side, if you are finding you are going through a period of extreme happiness and fulfilment, I would also recommend completing a Wheel of Life at this point in time as it will indicate to you where you are spending most of your time and what it is that is making you truly happy. By understanding this, this will help you in determining what you genuinely want to do with your life and help you experience sustained happiness.

In the next module you will delve deeper into understanding “where are you now” by doing some deep heart and soul reflection.

Reflections on Your Life

"Reflection enables us to evaluate experience, learn from mistakes, repeat successes, revise and plan"
– Sherry Swain



This course is packed full of awesome tools, guides, and resources to help you make this the moment that you change your life for the better. However, before we jump straight into exactly what you will be doing moving forward, it is beneficial to take some time out and reflect on *how things have been going.*

Have you ever practiced reflection? And SERIOUSLY practiced reflection? We reflect everyday through sharing stories with family and friends and through remembering activities we have done in our past. However, we rarely take the time out to SERIOUSLY practice reflection. When we make it a conscious effort to reflect, we experience several benefits.

The Benefits of Consciously Reflecting on Life

- Reflection can transform your experience into genuine learning. It can help you gain a more complete understanding of your values, your goals and what you believe in.

- Reflection can help you connect the activities you have done in your life to outcomes achieved, helping you determine whether you are making the right decisions or not.

- Reflection can help you develop higher-level thinking and problem-solving ability, something that you are going to be needing for the rest of this course and to make this the moment you change your life.

- Reflection raises your self-awareness, helping you understand more about yourself and your reactions to the world.

- Reflection can relax you, helping you become calmer and help you think more clearly and deeply.

- Reflection can help develop your questioning attitude and enable you to see things from a new perspective.

- Reflection can help you identify areas for change and improvement.

- Reflection can help you apply what you have learned from one situation to another, also enabling you to react more positively and constructively to new challenges.

- Reflection can help you remain committed to your goals, your vision and your purpose, something you will be needing throughout the year and the rest of your life.

- Ultimately, reflection enables us to evaluate experience, learn from mistakes, repeat successes, revise, and plan.

Reflection is a form of meta-cognition or “thinking about thinking”. You need to be able to understand your actions, your behaviours, and how you think, to be able to set an appropriate vision and goal.

Spending time reflecting on your goals, your progress, and your life is an essential habit to get into to ensure absolute success. This habit will ensure you are continually learning, continually focused, and continually progressing towards your goals. You are going to be able to start practicing this now by reflecting on the year that was.

> "It is not sufficient simply to have an experience in order to learn. Without reflecting upon this experience it may quickly be forgotten, or its learning potential lost. It is from the feelings and thoughts emerging from this reflection that generalisations or concepts can be generated. And it is generalisations that allow new situations to be tackled effectively."

Gibbs, G. (1988) Learning by Doing: A Guide to Teaching and Learning Methods London, UK: Further Education Unit.

Action

Ensure you are in a comfortable space and away from any distractions. Potentially you may even want to get outside, away from your home, away from your work, and find a place where you can completely set your mind free and reflect.

Read through the below and answer the questions in the templates provided.

Close your eyes and cast your mind back to this day last year. You have since experienced 365 days.

Reflecting on the past 12 months, answer the below questions openly, thoughtfully, and honestly.

Reflections on My Life

*What have been the **10 best experiences** I have had? **Why** were these my best experiences and how did they make me **feel**?*

Experience	*Why*	*How did it make me feel?*

Experience	*Why*	*How did it make me feel?*

Who else was involved in the above experiences? Is there a common theme?

What other common themes do you notice in the above experiences?

*Looking back over the previous year, what was my **biggest achievement** or accomplishment and why?*

How did I feel when I achieved the above? Who else was involved and who supported me?

If I were to do this (or something similar) again moving forward, what would I do differently?

What are 10 things that I am incredibly grateful for that have been in my life in the past 12 months?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

*What were my **New Years Resolutions** at the start of this year?*

Was I successful in achieving them? Why or why not?

What would I do differently moving forward if I had similar resolutions?

***Who has been my biggest support** over the past 12 months and why/how?*

How can I show my appreciation for this support and ensure this support continues moving forward?

*Thinking of my **career/uni/college/work**, what have been my major achievements over the past 12 months?*

How has the above helped me progress towards where I want to go with my life and career?

What are three things I need to do differently moving forward to help progress me towards where I want to go in my career?

1.
2.
3.

*What has made me **upset, stressed, anxious or fearful** in the past 12 months? Why?*

How did I overcome this feeling? What can I do differently moving forward to minimise these feelings?

*Who or what has **inspired me** in the last 12 months and why?*

*Who or what has positively **challenged me** in the last 12 months and why?*

*Who or what has **held me back and prohibited me** from achieving my goals in the past 12 months?*

*What was the most **time-wasting** habit or activity I did during the last 12 months? What can I do differently moving forward to minimise or eliminate this?*

*How have I grown **emotionally** in the past 12 months?*

*How have I grown **spiritually** in the past 12 months?*

*How have I grown **financially** in the past 12 months?*

*How have I grown **physically** in the past 12 months?*

*What **hidden strength** did I uncover in the past 12 months?*

*What are **three words** that can sum-up or describe my past 12 months?*

1.
2.
3.

*What are the **3 most significant things I have learned** in the past 12 months?*

1.
2.
3.

What would I do differently moving forward and why?

Next Steps

Now that you have gone through the exercise of reflection, you should have a better understanding of what your proud of, what makes you happy, who is your support network, what is holding you back and where your strengths lie.

You will now also have a better understanding of what you can do differently moving forward to help you progress towards where it is that you want to go in your life (more on that in upcoming modules).

Use the information you have captured here to help you plan for the next year and beyond.

Reflection is a skill. I highly recommend that as you progress through the Academy that you reflect on what you have learned at the end of each module. Reflecting on a consistent basis will help you remember the information in the longer-term.

Now that you have done some deep reflection and completed your Wheel of Life, you should be starting to formulate a good picture of 'Where Am I Now'.

The next step in the process is to truly understand your motivators and your drivers for doing what you do. Let's take a look at understanding and eliciting your values.

Understanding Your Values

"It's not hard to make decisions when you know what your values are." – Roy Disney



If I were to ask you what are your values, would you know what they are? And more importantly, would you know how to utilise them?

When it comes to Changing Your Life, understanding your values is a fundamental building block. Your values influence your behaviours, your choices, and your emotions. Your values influence your habits, your lifestyle, and your social experiences. Your values are your motivators and give you purpose for getting up in the morning. When asked the above question, most responses I hear are pretty vague, people have to think them through or people just say things that they *think* are their values or that they *want* their values to be as they are seen as desirable traits to have.

But are the values that you *want* to have really your values?

This section will help you understand what values are, the benefits of understanding your values, and then you will go through a process of eliciting your values to help you in your goal setting and decision-making.

Values explained

So, what are values?

Values are such a broad topic and cannot really be summed up in a single sentence but let me try anyway: ***your values represent what is most important to you*.**

As mentioned above, they are the driving force behind why you get up in the morning, the choices you make and why you behave the way you do.

Examples of values are success, honesty, belonging and health.

Some people suggest that other activities such as reading, swimming, or socialising are values, however these would be symptoms of your values. For example, if you feel reading is a value, it is probably more accurate to assume that your actual value is learning, or relaxing or something of a similar nature. Think about the actual reason as to what it that led you to read? Like swimming, is this truly your value or is it that you value health, wellbeing, or success? Perhaps you socialise while swimming and your true value is friendship. These are the reasons that made you choose to go swimming.

Understanding exactly what it is that you value is the perfect starting point for understanding yourself and understanding your motivators.

Benefits of understanding your values

If you want to gain tremendous clarity in your life, in your decisions, understand what matters most to you, and ultimately live a happy and successful life, then understanding your values is fundamental.

Ultimately, by understanding your values you will be able to *prioritise* effectively, make *consistent* decisions and *act* in a way that leads you to success and happiness in the areas you pursue.

Why does this matter? For three primary reasons:

1) Time is the most limited resource
2) Our decisions are often inconsistent with our goals
3) You want to achieve success and happiness

Firstly, time is a limited resource. The fact that you are reading this suggests to me that you want to *maximize your life*, an outcome of maximizing your time. Understanding your values and *prioritizing* helps you achieve this. Your decisions will be more aligned to what you want to do, ultimately helping you to spend your time and energy in a more effective way.

Secondly, the decisions you make are far more *consistent* when you understand your values. When you know what is most important to you, you can prioritise and make consistent decisions to progress you towards your goals. Consistent decision-making aligned to your values helps you progress at a much faster rate towards where you want to go.

Thirdly, you are on a journey of making this the moment that you change your life for the better. If you want to achieve success and happiness, understanding your values is a sure-fire way of gaining tremendous focus and clarity of your goals. Through clear prioritization and consistent decisions, you will get there, *faster*. It is hands-down the most important thing you need to understand. Without understanding your values, you really do not know who you are.

When you are not in harmony with your values

> ''Happiness is when what you think, what you say, and what you do are in harmony."
> -Mahatma Gandhi

We now know that understanding your values can help lead you to better decision-making through clearer prioritisation and consistency, leading to better use of time. Through these actions, understanding your values leads to more success and more happiness.

When you make choices that are aligned with your values, you experience harmony, a feeling that leads to satisfaction and happiness. Re-read that quote above by Mahatma Gandhi, the preeminent leader of India who inspired movements for non-violence, civil rights, and freedom across the world. This quote sums up how the heart, mind, body, and soul work in unison. The heart is what represents your values, the things that are most important to you.

But what happens when we are not aligned with our values?

When other parts of our being are not aligned to our values (eg we make a different choice or we take a different path) we experience disharmony which can lead to feelings of frustration, confusion, guilt, emptiness or unhappiness.

Let us look at an example. Some readers may value their health. If this is a strong value for you then how do you feel after going to a birthday afternoon tea and instead of opting for the healthier options, you realise that you have stuffed yourself with sweet slices, fluffy cupcakes, sugar-coated lollies and soft-drinks. I am quite sure you would be feeling a strong sense of guilt, perhaps angry with yourself about your choice. You immediately get a sense that something is "wrong". You are experiencing disharmony – a conflict between your values and

your behaviour. This feeling would differ depending on how strong you value your health.

Taking another example. Let us say you value fairness. How would you feel if you had one gift to giveaway between two people who needed it most? It would be an extremely tough choice for you because no matter your decision, one person will miss out. You will experience feelings of uneasiness as this goes against your values.

When you experience disharmony between your values and your behaviours, subconsciously you will automatically take action to correct the situation and rectify your feelings. The person who ate themselves silly at the birthday party might make the decision to hit the gym and sweat even harder during their next session or set themselves up on a new diet. This will realign their decisions and actions with their values. The person who gave the gift to one person may go out of their way to do something for the other person to ensure harmony between their values and actions.

Have you ever had that feeling when you are feeling down, and you really have no idea why? There is a good chance it is because you have done something that is not aligned to your values.

The more clarity you have of your values the more rapidly you can identify why you are experiencing disharmony and realign yourself to feelings of happiness. Ultimately, understanding your values helps you make choices to experience congruency, success, and happiness.

Do you ever get the feeling of disharmony?

Do you recognise this feeling when it occurs?

What do you do that ensures your actions and behaviours are in line with your values?

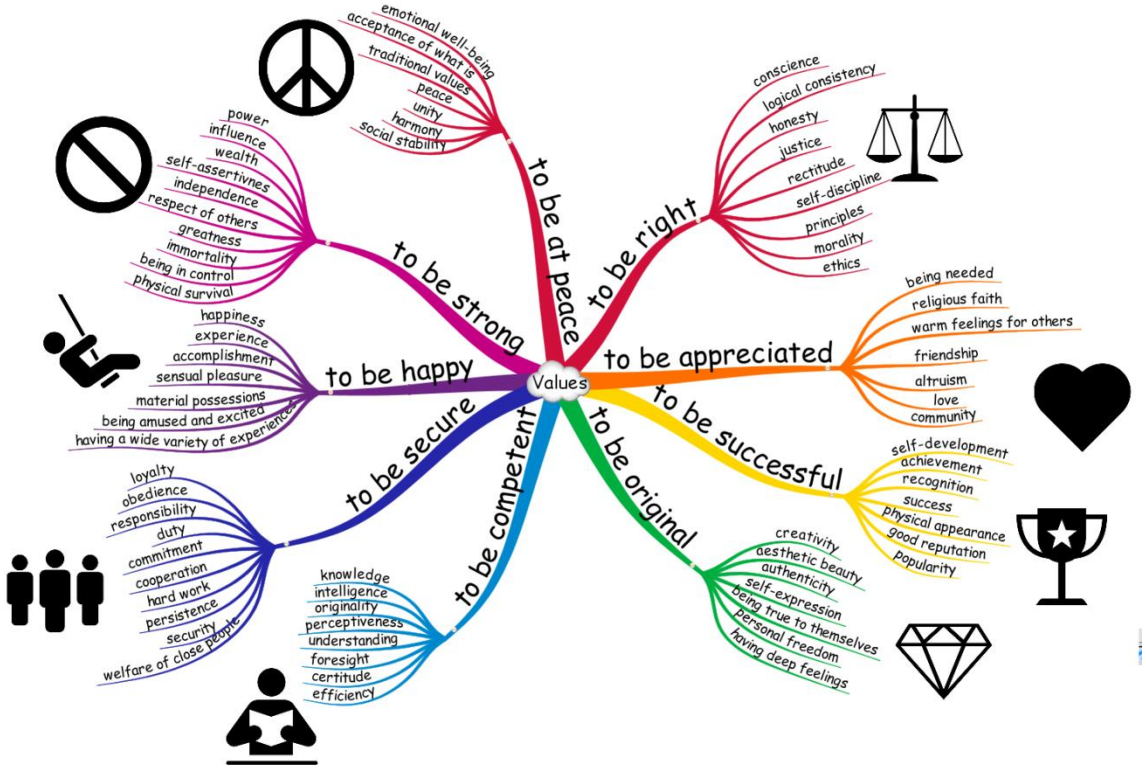
Take the time to think through the above questions before continuing onto eliciting your values.

Eliciting Your Values

"What lies behind us and what lies before us are tiny matters compared to what lies within us" – Ralph Waldo Emerson

You have now learned what values are, what benefits you can achieve from gaining clarity of them, and what you experience when you make choices that are not aligned with your values.

Now you will go through the exercise of eliciting your values. You will gain clarity of what is most important to you in life, and then you will explore how you can take action to make the most from this.



Eliciting Your Values

Ok, so let's do it!

It is time for you to build your values hierarchy.

To do this properly, I suggest allowing yourself enough time where you do not have to be anywhere in the next couple of hours. I also suggest being in a quiet location with no distractions, or perhaps in an environment you find inspirational (such as somewhere outdoors in nature) so you can do some deep self-reflection.

Read over this whole section first so you understand the process and then when you are ready, find your space and act.

Some people find it hard to do self-reflection and spend time evaluating their lives, but if you've decided that now is the time to change your life, then I think you are already one-step ahead of the game and you are taking the right steps. I will make it as simple as possible for you.

Round 1

1) *Get yourself a pen or pencil, find a comfortable place away from distractions, turn to the next page and get ready for step 2*

2) *In the middle of the next page you will see the words 'What is Important to Me In My Life?'.... that's right, we're mind-mapping!*

3) *Answer that question!*

Think deep. Think hard. Think of what makes you happy. Think of your life gone by and the experiences you have had. Think of what motivates you to get out of bed in the morning. Think of what inspires you.

Write, write, write absolutely everything that comes to your mind. If you are thinking of long sentences, try encapsulating them in a single word. For example, if you are thinking that you want to have a successful career and make it to the top of your Organisation, simply write “success”, or “career”, or “successful career”. Also, ask yourself the question *why?* If you take “successful career” as an example, you might find that your true value is “money”, “power”, or “social status”.

Remember, these are *your* values, not what everyone else *thinks* are your values or *suggests* your values should be.

Make sure what you are writing down makes sense for you and that you truly feel some passion as you are writing them down.

Once you start coming to a bit of a halt and you feel you have exhausted all the areas that you feel are important to you, turn to the following page and read the comprehensive list of values and see if there are others that light a spark or jump out at you that you can add to your list.


What is
important to
me in my life?

Comprehensive List of Values (A-E)

This is a long list of values, but it is certainly not exhaustive. So perhaps there are additional values that you have already thought of or that you are prompted to think of which I encourage you to use!

Abundance	Amusement	Bravery	Congruency	Curiosity	Dreaming
Acceptance	Anticipation	Brilliance	Connection	Daring	Drive
Accessibility	Appreciation	Buoyancy	Consciousness	Decisiveness	Duty
Accomplishment	Approachability	Calmness	Conservation	Decorum	Dynamism
Accountability	Approval Art	Camaraderie	Consistency	Deference	Eagerness
Accuracy	Articulate	Candour	Contentment	Delight	Ease
Achievement	Artistry	Capability	Continuity	Dependability	Economy
Acknowledgement	Assertiveness	Care	Contribution	Depth	Ecstasy
Activeness	Assurance	Carefulness	Control	Desire	Education
Adaptability	Attentiveness	Celebrity	Conviction	Determination	Effectiveness
Adoration	Attractiveness	Certainty	Conviviality	Devotion	Efficiency
Adroitness	Audacity	Challenge	Coolness	Devoutness	Elation
Advancement	Availability	Change	Cooperation	Dexterity	Elegance
Adventure	Awareness	Charity	Cordiality	Dignity	Empathy
Affection	Awe	Charm	Correctness	Diligence	Encouragement
Affluence	Balance	Chastity	Country	Direction	Endurance
Aggressiveness	Beauty	Competition	Courage	Directness	Energy
Agility	Being the best	Completion	Courtesy	Discipline	Enjoyment
Alertness	Belonging	Composure	Craftiness	Discovery	Entertainment
Altruism	Benevolence	Concentration	Creativity	Discretion	Enthusiasm
Amazement	Bliss	Confidence	Credibility	Diversity	Environmentalism
Ambition	Boldness	Conformity	Cunning	Dominance	Ethics

Comprehensive List of Values (E-P)

Euphoria	Firmness	Heart	Intensity	Loyalty	Organization
Excellence	Fitness	Helpfulness	Intimacy	Majesty	Originality
Excitement	Flexibility	Heroism	Intrepidness	Making a	Outdoors
Exhilaration	Flow	Holiness	Introspection	difference	Outlandishness
Expectancy	Fluency	Honesty	Introversion	Marriage	Outrageousness
Expediency	Focus	Honour	Intuition	Mastery	Partnership
Experience	Fortitude	Hopefulness	Intuitiveness	Maturity	Patience
Expertise	Frankness	Hospitality	Inventiveness	Meaning	Passion
Exploration	Freedom	Humility	Investing	Meekness	Peace
Expressiveness	Friendliness	Humour	Involvement	Mellowness	Perceptiveness
Extravagance	Friendship	Hygiene	Joy	Meticulousness	Perfection
Extroversion	Frugality	Imagination	Judiciousness	Mindfulness	Perkiness
Exuberance	Fun	Impact	Justice	Modesty	Perseverance
Fairness	Gallantry	Impartiality	Keenness	Motivation	Persistence
Faith	Generosity	Independence	Kindness	Mysteriousness	Persuasiveness
Fame	Gentility	Individuality	Knowledge	Nature	Philanthropy
Family	Giving	Industry	Leadership	Neatness	Piety
Fascination	Grace	Influence	Learning	Nerve	Playfulness
Fashion	Gratitude	Ingenuity	Liberation	Nonconformity	Pleasantness
Fearlessness	Gregariousness	Inquisitiveness	Liberty	Obedience	Pleasure
Ferocity	Growth	Insightfulness	Lightness	Open-	Poise
Fidelity	Guidance	Inspiration	Liveliness	mindedness	Polish
Fierceness	Happiness	Integrity	Logic	Openness	Popularity
Financial	Harmony	Intellect	Longevity	Optimism	Potency
independence	Health	Intelligence	Love	Order	Power

Comprehensive List of Values (P-Z)

Practicality	Reputation	Sensuality	Stillness	Unflappability	Worthiness
Pragmatism	Resilience	Serenity	Strength	Uniqueness	Youthfulness
Precision	Resolution	Service	Structure	Unity	Zeal
Preparedness	Resolve	Sexiness	Success	Usefulness	
Presence	Resourcefulness	Sexuality	Support	Utility	
Pride	Respect	Sharing	Supremacy	Valour	
Privacy	Responsibility	Shrewdness	Surprise	Variety	
Proactivity	Rest	Significance	Sympathy	Victory	
Professionalism	Restraint	Silence	Synergy	Vigour	
Prosperity	Reverence	Silliness	Teaching	Virtue	
Prudence	Richness	Simplicity	Teamwork	Vision	
Punctuality	Rigor	Sincerity	Temperance	Vitality	
Purity	Sacredness	Skilfulness	Thankfulness	Vivacity	
Rationality	Sacrifice	Solidarity	Thoroughness	Volunteering	
Realism	Sagacity	Solitude	Thoughtfulness	Warm-heartedness	
Reason	Saintliness	Sophistication	Thrift	Warmth	
Reasonableness	Sanguinity	Soundness	Tidiness	Watchfulness	
Recognition	Satisfaction	Speed	Timeliness	Wealth	
Recreation	Science	Spirit	Traditionalism	Wilfulness	
Refinement	Security	Spirituality	Tranquillity	Willingness	
Reflection	Self-control	Spontaneity	Transcendence	Winning	
Relaxation	Selflessness	Spunk	Trust	Wisdom	
Reliability	Self-reliance	Stability	Trustworthiness	Wittiness	
Relief	Self-respect	Status	Truth	Wonder	
Religiousness	Sensitivity	Stealth	Understanding		

Round 2

You will now have a comprehensive map of values that are true to you. Perhaps you wrote 10, perhaps you wrote 20, perhaps you wrote 100! Now is the harder part. You want to ensure that you elicit the values that are *MOST* important to you.

Your goal is to now get your comprehensive list of values down to a concise list of YOUR TOP 10 VALUES.

Read over your map of values that you have created, one by one going through them. As you read each one, what do you feel or experience? If you are not experiencing a sense of excitement or passion or you are unsure or a bit hesitant when reading over one, then it is probably lesser of a value to you. For those that you read over and you get a tingling feeling, a buzz, or it makes you feel positive in some way, then these would be your highest values.

*Ask yourself is this **TRULY** your value or is it simply a desirable trait?*

***Why** is this important to you?*

***When** you have you displayed these values?*

*Does it **motivate** you?*

*Does it make you feel **happy**?*

*Do you **truly live** this value?*

Elicit and decide on your Top 10 values of what is most important to you. Write your Top 10 on the following page.

My Top 10 Values
(unranked)

	My Values	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Round 3

Now that you have your concise list of values that resemble what is important in your life, how does this make you feel? When you look at them does it "feel right"? Does it inspire and motivate you? Does it resemble you and where you want to go?

We are now going to take it one-step further.

Now that you have your list of values that are most important to you, you are now going to *rank* them. You want to understand what it is that matters *MOST* to you.

Once again, take the time and go through the exercise of reading over your list and sensing which ones are the ones that give you the buzz or spark and rank your values 1 through 10.

If you are finding it tough to determine which value is more important to you, try creating a scenario or situation between the two values. For example, if you are struggling to determine which value is more important between Learning and Fitness, ask yourself the question "on most occasions, what would I rather be doing, reading a book or going to the gym?".

Write your final, ranked list on the following page. This is the one-page you should really want to keep close-by moving forward.

My Top 10 Values

"Find people who share your values,

and you'll conquer the world together."

– John Ratzenberger

	My Values
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Complete!

Congratulations!

You now have a concisely ranked list of the things that matter most in your life.

How does it make you feel when you read over this list? Does it feel right and give you a sense of who you are?

> *"Show me your list of values and I will be able to tell you who you are." – Brendan Baker*

As we have explored on the previous pages, your values define who you are. Let's take a look at the below list of values from someone.

1. Wealth
2. Career
3. Learning
4. Determination
5. Fitness
6. Honesty
7. Individuality
8. Fun
9. Friendships
10. Family

Just from this list you can get a picture for what this kind of person may be like. Their strongest motivators are to have a successful career and enhance their wealth which is where they would spend most of their time and energy.

When it comes to going to the gym or going out and socialising, this person still values these, however if presented with an opportunity of creating wealth or going out with friends, they may choose the former. This of course isn't to say that on every single occasion they would choose this, as this is still within the Top 10 most important areas of life for this person, however if they were to ignore their top values on more occasions than not, they would experience disharmony which we explored previously.

Let's now take another example. What if we simply flip that list of values on its head? We would end up with the following order of values.

1. Family
2. Friendships
3. Fun
4. Individuality
5. Honesty
6. Fitness
7. Determination
8. Learning
9. Career
10. Wealth

What does this list of values tell you about this person? They still value the same things... however they value these things *differently*.

This person would absolutely love spending time and having fun with family and friends with open and honest relationships. They still value having wealth and a successful career, however if their career would be at the detriment of relationships, what do you think they would do?

How well are you currently living your values?

When you read through them, do you feel you are satisfying what is most important to you? I suggest you compare your values with your Wheel of Life to see if the things that matter most are currently being satisfied. Also, when you look at your values, how does this compare to your reflections on your life (module 2)?

Understanding your values and combining this with your Wheel of Life gives you a good picture of what is most important to you and whether you feel as those these areas are being completely fulfilled.

Understanding Your Values and Taking Action

Now that you have your list of values, representing what is most important to you in life, let's explore a little deeper into how you can utilise this knowledge.

1) Making decisions

Understanding your values helps you to *prioritise* your time as well as helps you to make *consistent* decisions.

Now that you know what is most important to you in your life, you will be more consciously aware of what it is that makes you happy and where you want to get to.

As you are now more consciously aware, your decisions will be more consistent and in-line with your values. What does this mean? Ultimately, you will be able to make decisions on a more regular basis that lead you to being more happy and your consistent decisions will also help you achieve success in the areas that you pursue, and importantly, get you there *faster*.

Knowing your values is the first building block for setting goals for your life.

2) Achieving Harmony

We explored the concept of harmony and what happens when your actions or behaviours are not in harmony with your values. Now that you are more consciously aware of what is important to you, you can make choices and act in a way that is aligned to your values.

You will understand more clearly now when you have feelings of guilt, frustration, anger, disappointment and what has brought these feelings on. More importantly, you will be more conscious to be able to bring yourself back into a state of harmony and behave in ways that are aligned to your values.

Achieving harmony is essential for happiness and reaching peak performance in life, something that you will need to ensure you remain committed and aligned to your goals.

3) Planning Your Life

Now that you have a clear understanding of what is most important to you, you can start to explore ideas of where you want to be heading in life. Your values are your driving force for what gets you up in the morning.

Every day when you wake up, you want to be completely motivated and driven and return to your bed at night knowing that you gave the day 110%, don't you?

Now that your values are clearly defined, we will start to explore where you want to be and how consciously making decisions can get you there.

Going through this exercise is often a wake-up call for many. One of the most common things I hear when people go through this exercise is that they realise that what they are currently doing is not aligned to their values. For example, a lady who I recently suggested go through this process came to realise that her strongest value was the term challenging. This enveloped many things for her,

including her passion for learning, development and giving everything 100%. What she came to realise was that her day-job was so out of line with what was most important to her in life... she had been in her role for three years and with her company for five years and she was not being challenged in a way she desired.

What did she do?

She threw herself in the deep-end, quit her job, and started a business aligned to another one of her values - fitness!

How has she gone? Absolutely fantastic! She thrives on the challenge of running her own business. This is what gets her up in the morning! And her whole life is now based on two of her highest values – challenge and fitness. She can now consciously make decisions that are aligned to the things that are most important to her.

Where Am I Now? - Summary

You should now have a solid understanding of where you are now.

You have developed and completed your own Wheel of Life, helping you gain an insight into where you are currently spending your time and energy and how satisfied you are in life's different areas.

You have completed a deep reflection on your life and identified key learnings and what you want to bring into your life moving forward.

You have now elicited your Top 10 values and ranked them – giving you clarity as to what is most important to you in your life. This will allow you to consciously make consistent decisions, make better use of your time, and help you live a more purposeful life.

Before progressing to the next module, take some time out to reflect over what you have learned about yourself.

Next Step

Next you will be guided on where you want to be.



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"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much." – Jim Rohn

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LOCKED



Thanks for going through the first few modules of the Change Your Life Course. I hope you got some great value!

If you would like to unlock the rest of the course (contents on previous page), you can get immediate access at the link below.

http://www.startofhappiness.com/cyl

About Brendan



Brendan Baker is high performance trainer and coach and has worked with many world-leading organisations. He has facilitated training for over 10,000 leaders, sales professionals, and employees worldwide.

He is a Top 100 Personal Development Blogger and helps individuals find absolute happiness, reach peak performance, and achieve ultimate success doing the work they love.

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Have a Question or Want to Leave Feedback?

If you have a question or would like to provide some feedback on the course, I would love to hear from you! Feel free to email me directly at brendan@startofhappiness.com



Brendan Baker

Want More?

I also offer live training (face-to-face or virtual) on a variety of topics including but not limited to:

- High Performance at Work
- Leading Self
- Leading Others
- Productivity
- Purpose
- Health and Wellbeing
- Change Agility
- Growth Mindset
- Stress Management
- Influencing Others
- Presentation Skills
- Facilitation Skills

Some of the companies I have worked with:



I also offer personalised 1:1 executive, leadership, and individual coaching.

Please reach out to me directly at brendan@startofhappiness.com if you are interested in any of the above.