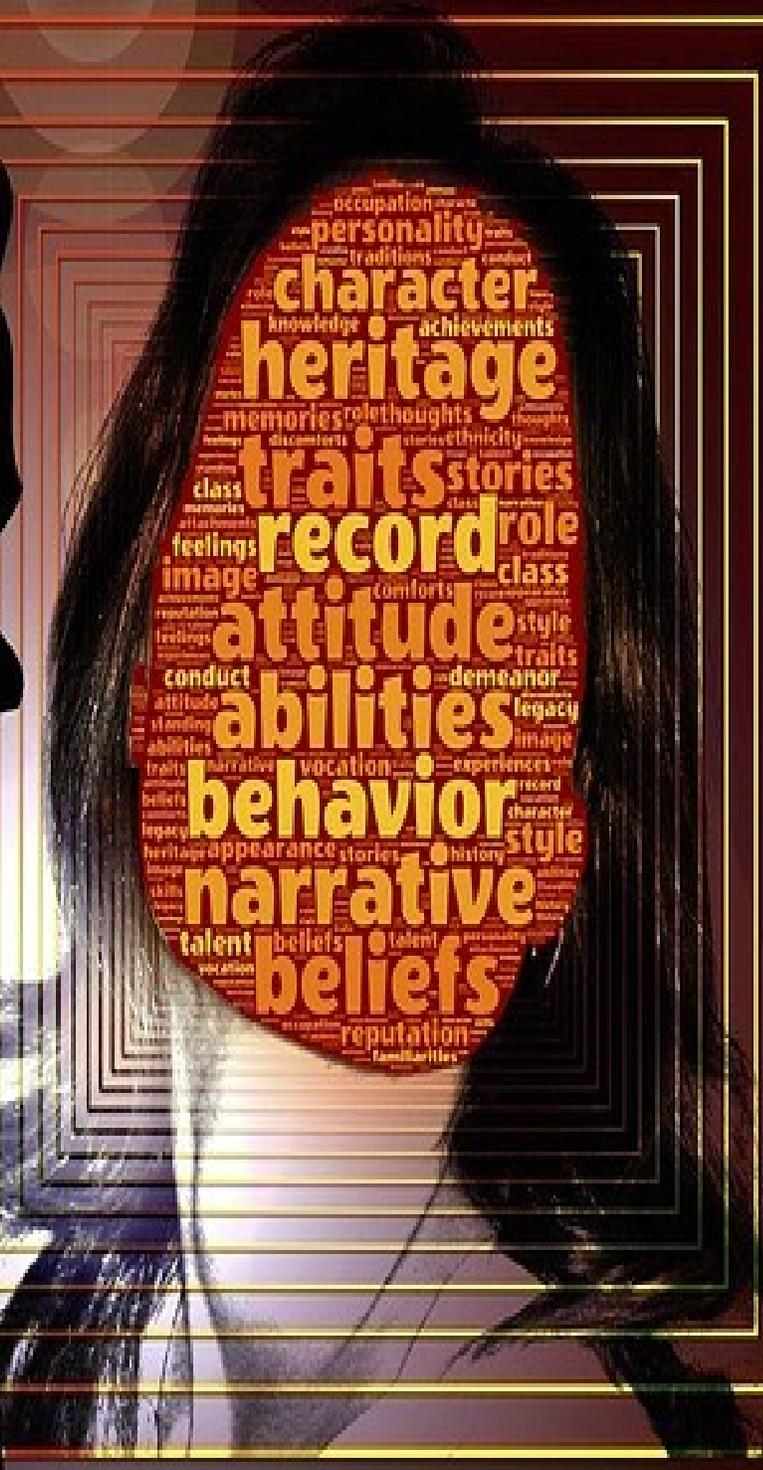


**KNOWING
YOUR
TRUE
VALUES**

A woman's silhouette is shown in profile, facing right. The interior of her head is filled with a word cloud of personal values and traits. The words are in various sizes and colors, primarily in shades of orange, red, and yellow. The background features a series of concentric, glowing rectangular frames in shades of orange and red, creating a sense of depth and focus on the woman's head.

occupation
personality
traditions
character
knowledge
achievements
heritage
memories
thoughts
traits
stories
record
role
class
attitude
style
abilities
demeanor
behavior
legacy
narrative
vocation
experiences
appearance
style
talent
beliefs
reputation

Susan Frink Anderson

KNOWING YOUR TRUE VALUES

Knowing your inner values requires that you take an inventory of things you



both do and do not value as aspects of your true self. Many people believe that they know what they value but have not dug down deeply to assess whether they are acting out of those values or not. The way to get honest is to notice things that bother you in others. Know that those might just be societal constructs others

believe in so you must ask if you truly value those character traits.

The best and most high values are always found within your inner being connected to your highest power (God as you understand your belief in His



Power). When you believe God is all good and all powerful, you can trust your own values to draw all resources from that Source. This is your truest divinity and your highest self. It is always available and is your inner voice.

Your values also have an important role to play. They guide your behavior; they influence our thoughts. Ultimately, our values should guide us and help us set our priorities and get our decisions right. You will need to settle on the most important five or six values that

will serve you the most as you tackle your fears.

Knowing Your True Values

Use the table below to determine which values you hold dear. Place 1 for Very Important---- 2 for Somewhat Important---- 3 for Not/Less Important

The Value	Very Important	Somewhat Important	Not/Less Important
Accepting. You are open to the values of others and accepting of your own, too.			
Aspiring. You actively seek opportunities and focus on striving for success.			
Authentic. You are honest, genuine, and true to yourself.			
Affectionate. The ability to display and express strong feelings and love for others.			
Assertive. You stand up for yourself respectfully and know how to balance both your needs and the needs of others.			
Compassionate. You recognize suffering and act to alleviate it, whether it's your pain or someone else's.			

Knowing Your True Values

Caring. You are considerate.

Curious. You are open-minded and interested in learning new approaches.

Challenging. You constantly stretch yourself to try and improve.

Conforming. You are respectful of rules and obligations.

Creative. You are innovative, resourceful, and imaginative.

Courageous. You are persistent and brave in the face of a threat, difficulty, or fear.

Emotionally aware. You are open to your feelings, you are receptive to others' feelings.

Fairness. You are reasonable, rational, and just.

Forgiving. You can let go of negative feelings and don't hold grudges.

Gracious. You appreciate what life has given you.

Knowing Your True Values

Honesty. You are sincere with others and truthful with yourself.

Humor. You love to engage in the funny side of life.

Industrious. You are productive and hard-working.

Organized. You are prepared, orderly, and organized.

Patient. You can wait calmly for what you need or want.

Respectful. You are considerate and polite.

Self-aware. You are aware of your actions, feelings, and emotions. You know how others perceive you.

Tenacious. You are persistent, no matter what life throws at you.

Trusted. You are loyal, reliable, discrete, sincere, and faithful.

Other:

Based on the table above, what are your top 5 (six if you can't narrow it down) values that will aid you in this journey? Make a note of them below.

1. _____

2. _____

3. _____

4. _____

5. _____

Knowing a baseline of all the things you value has begun with the Value of your true self and God interconnected and integrated as One. When you operate under the influence of the baseline Power of One and that essence is good and kind and unconditionally loving, your true self has a baseline to draw all its power lines from and to share that potential with others.

Know that this baseline will grow and develop as though you were learning using a whole new mindset and system of operation because you are...there is not inner conflict when you are in this one, centered position. You feel balanced and at peace even when you are going against others' opinions. It can feel like you are swimming upstream and going against conventional wisdom of the outer world. Just remain true to your inner voice of truth and stay steady. It will guide you and you will rely on it without confusion in a very short time.



This inner self that can draw from most high dimensions of knowing will keep growing and believing in the Presence of the Spirit of God. New strengths will replace old weak feelings and a sense of confidence will strengthen your own spirit. Your own spirit and the Spirit of God will be in harmony without the old feelings of being tossed back and forth in decision making.

Awake, Aware, Asking for help and knowing all thoughts can be trusted promotes a secure and safe being that is stable and balanced. This new being will be valued above all the old ways and actions will be Abundant focused to Attract from your true value Source.

Knowing Your True Values

Blessings, Susan Frink Anderson

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BOOKS:

"Murture" ...

www.holygramspirit.com/books

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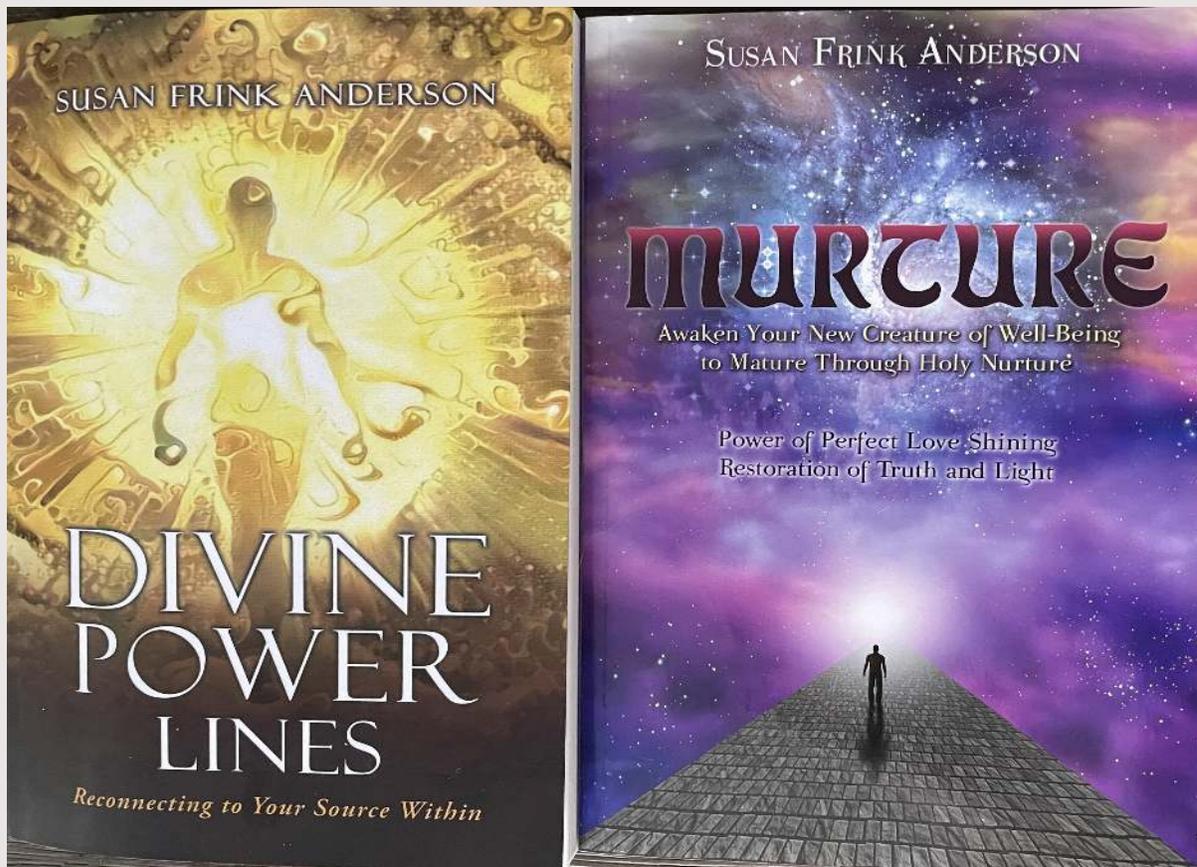
www.divinepowerlines.com/new-book

To find out more about addressing your fears and how to deal with them visit:

www.divinepowerlines.com/newsletter

Also learn how to maintain spiritual balance

www.divinepowerlines.com/spiritual



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