

Valued Living

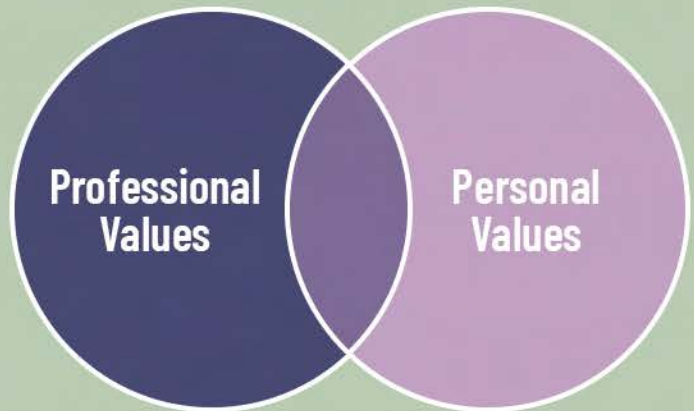
What are values?

Values are personal and professional ideals about who we want to be, what we want to do, and how we want to behave in life.

- * They are freely chosen and can change over time
- * Comprise one's philosophy of life and provide meaning and purpose
- * The fuel for your fighting spirit comes from your values
- * A set of principles or rules that you live by
- * Serves as our internal compass guiding our everyday decisions

Aligning Professional and Personal Values

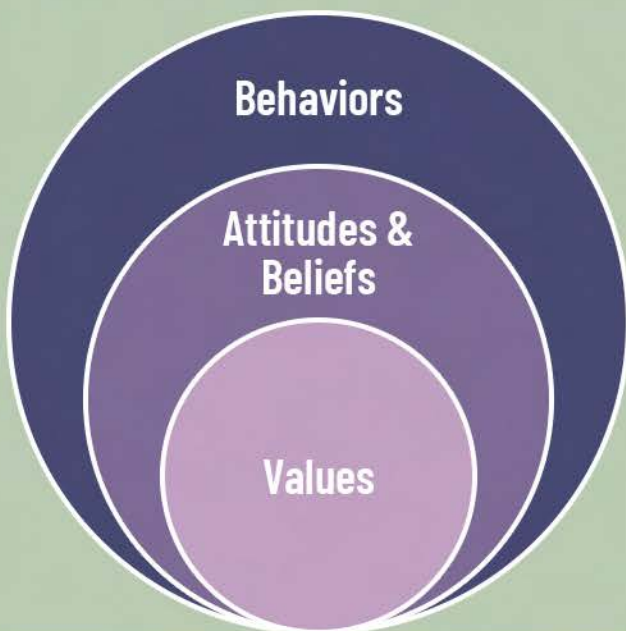
Values involve commitment because our sense of purpose and our values typically tie to WHY we are committed to the operational mindset.



Values Influence Our Behaviors

It is difficult to behave appropriately when we are not living a life aligned with our values.

Living by one's values can make an individual more resilient by helping them make good choices and avoid destructive attitudes/beliefs and behaviors when under stress.



Resilience

Living by one's values can make you more resilient:

- * Help us maintain hope and direction during adversity
- * Provide a sense of meaning and purpose
- * Gain direction in life
- * Reduce emotional discomfort
- * Improve your ability to make decisions
- * Improve your quality of life
- * Increase happiness
- * Figure out what is truly important to you