

What gets you out of  
bed in the morning?  
Connecting to your passion in life.



*Alison Smith*

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## Passion

Passion is something positive to aspire for – isn't it? Passion in life gives us drive, provides focus, and provides motivation. For heavens sake it's what gets us out of bed in the morning. So why can't I keep hold of it? Why can't I maintain my levels of passion to be able to achieve the things I want in life?

As I sat in a hot bath trying to ease my aching muscles (as a result of too much exercise) I realised how passion for me can wane and has waxed and waned over the years. Let me give you an example:

Before I went on holiday I attended a yoga class and had a couple of personal training sessions a week. This was a huge increase from doing nothing, other than the occasional walk along the beach, just five months ago. I had told my trainer I would prefer slow continuous improvement rather than going full at it from the start. At the time I thought that was because I didn't want to fail at trying something. Preferring instead to slowly get better and know each day I could do what I was being asked to do. I now wonder if I unconsciously was trying to avoid what is happening now.

Since returning from my holiday I've added a bit more to my fitness schedule each week – an extra personal training session, an extra yoga class, a Bodyjam class. Yesterday I had a personal training session in the morning, attended a BodyCombat session in the evening and then was persuaded to follow that with a Bodyjam class. From a fitness level that's wonderful news. The fact that my heart and lungs never mind back, legs and arms managed 2 hours of aerobic exercise (even if I wasn't exactly throwing myself into each track) is something to be celebrated. There is a down side to this pattern. One I have experienced before and if I'm not careful will experience again. Fatigue – and I don't just mean tiredness I mean fatigue with all these things I'm doing. At some point it will all get too much and I'll stop doing any of it. I don't like to admit the full list of activities where this has happened to me in the past but it includes:

Exercise

- Yoga
- Tai Chi
- Climbing
- Salsa
- Meditation
- Writing a morning journal
- Decorating
- Embroidery
- Card making
- Flower arranging (don't ask!)
- Writing the 1st book
- Writing the 2nd book
- Writing the 3rd book

Of course I haven't mentioned the work projects where I threw myself into them and then the enthusiasm waned. And of course the men too – the man of the moment would have every last ounce of energy expended in his direction. If I wasn't with him, I'd be talking to him, or talking about him, or thinking about him.

So why is this? When I started all of these things I was passionate, I was enthusiastic and I truly wanted to do what I was doing. Over time it's as if the activity has taken over my life and I want more and more and more until I combust. Life is no longer fulfilling. So what's happening?

Our motivation to do anything comes from our values. Our values determine what we do and don't expend our resources on. How we spend our time, money, attention, and energy is determined by our values. So having a value of fitness might mean someone being less motivated to sit on the sofa watching TV every night and more motivated to go for a run, a climb, or go dancing. Alternatively it might mean someone wanting to cook from raw ingredients at home instead of having a takeaway or ready meal. It could however be demonstrated in any number of various different activities. The key is the motivation to undertake the activity is the desire to achieve the value - in this instance fitness.

For each area of our lives we have a hierarchy of values – see an example below of the top 5 values for 3 areas of someone’s life:

Leisure	Relationship	Work
Freedom	Freedom	Freedom
Health	Love	Connection
Achievement	Connection	Achievement
Play	Trust	Respect
Participation	Avoidance of conflict	Love

So for this person Freedom is a core value that determines what they are willing to spend their time on in all the 3 areas of their life. As you can see these areas do share some other values but the person will relate differently to them as they interact with the other values within each of the areas.

For example in the leisure area for this person the motivation to undertake an activity will be higher if the activity provides the person with freedom and health than if it’s just something that’s participative. So they might find more motivation to go climbing than joining a book club. Perhaps even more motivation if it’s a walk with a walking club because more of the values have the possibility of being met.

To motivate this person at work then it’s likely they will need to be given tasks where they have some freedom to choose how or what they do. A task that provides some connection with others would also provide additional motivation.

Please note the examples I am providing here are only examples and not a definitive list of how to meet the value for everyone. That is the behaviours each of us undertakes in order to achieve values will be different and may change over time too. So if I desire connection I might join an online chat room. Someone else might go to a business networking club. Someone else might simply go out to the pub! Each of these behaviours is meeting the need for connection.

This of course works in reverse. Just because someone is undertaking an activity to meet a value doesn’t mean everyone else undertaking that activity is doing it for the same reasons. For example many people may go to the gym to meet their value of health or fitness. Others may go for connection or achievement. Others may go as a means to an end. That is being healthier and fitter allows them to do something else in their life better. It’s therefore the value of the end activity that is providing the motivation.

Of course to motivate each of them to go to the gym it would require different words:

**Health:** You’ll be healthier if you go to the gym 3 times a week

**Fitness:** You’ll be fitter if you go to the gym

**Connection:** You’ll be able to spend time with x if you go the gym

**Achievement:** How great will you feel when you do your 10km run in x minutes?

**Means to an end:** Going to the gym will mean you can be a more active mother, a better trainer, more active speaker, do more at work.

So how does this relate to the list of activities I’ve thrown myself into in the past? See below for the list with the associated value that was the motivation to undertake the activity in the first place.

Activity	Value
Exercise	Health
Yoga	Flexibility
Tai Chi	Grounding
Climbing	Peace
Salsa	Fun
Meditation	Spirituality
Writing a morning journal	Spirituality
Decorating	Security
Embroidery	Creativity
Card making	Creativity
Flower arranging	Creativity
Writing a book	Connection
Work projects	Connection
Relationship	Love

So that explains why I got motivated in the first place and why I threw myself into them but not why I stopped. There are a few models that explain the reason for this. Let's revisit the example I used earlier and look at the six conditions of values being well formed:

Leisure	Relationship	Work
Freedom	Freedom	Freedom
Health	Love	Connection
Achievement	Connection	Achievement
Play	Trust	Respect
Participation	Avoidance of conflict	Love

**Condition no 1: Values should be in a clear hierarchy**

We each have a number of values we expect to obtain from each area of our life. We should be able to place these values into a clear hierarchy. If someone is unable to provide a clear hierarchy of values within an area then this would be demonstrated by inconsistency on what motivates them on a regular basis.

**Condition no 2: Values should be relevant to the area of life**

The values we wish to obtain from an area should be relevant to that area. In this example the person gets love from work. Can love realistically be achieved at work? I'm sure it can but it shouldn't be the main reason for undertaking it? What behaviours would you expect to see demonstrated by someone at work looking for love? Certainly not ones aligned with meeting the needs of the organisation they're working for. The value of love would be more relevant and more easily achieved in areas of their life such as Relationship, Family and Friends.

**Condition no 3: Values should not be predominantly negative**

Some people are more motivated away from pain than towards pleasure and therefore negative values can be appropriate. In the above example avoiding conflict is negative. Other examples of negative values might be 'not being controlled by others' or 'not being vulnerable'. If there is just the one negative value in a hierarchy then that's still meeting the conditions of well formedness. If the list is predominately negative the person knows what they don't want but how aware are they of what they do want.

If the whole list is negative the solution might be to look at re stating the values positively. If you're avoiding conflict what are you getting: Peace? Relaxation? Contentment? If you're not being vulnerable what are you getting: Strength? Power? Control?

**Condition no 4: There should be no conflicts between values**

Conflicts between values can lead to lack of clarity about what to do or inconsistency in action.

This person wants freedom and connection. If freedom for them is about doing things on their own and connection is about working with others then at times these two values might provide conflict.

**Condition no 5: Values should include self and others**

Our values should not be about only what we can get from the world nor just what we can give to the world. The conditions for well formedness ask us to ensure we get and give to the world.

**Condition no 6: Values should have been chosen**

Our values develop as a result of our relationship with the significant people in our lives e.g. parents, teachers, friends, partners and the culture we grew up in. In some instances we take on the values of those around us and don't question their applicability to us. This condition for well formedness asks us to check if we really connect with the value or whether we're just saying what we were told when we were younger, or sometimes not so young.

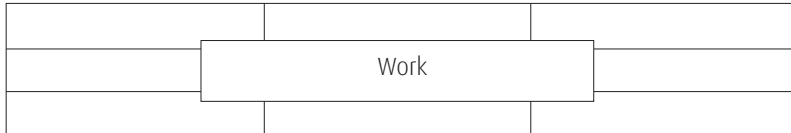
If your values meet the 6 conditions listed you're certainly well on the way to being able to connect to your passion.

Susan Jeffers (Feel the fear and do it anyway, ISBN 0 09 974100 8) has a great model that explains in more detail how values impact our lives. The model certainly explains my own loss of motivation for all those projects. The model she uses splits our life into different areas such as the 9 listed below (each of us may have different words but she encourages readers to identify 9).

Contribution	Hobby	Leisure
Family	Alone Time	Personal Growth
Work	Relationship	Friends

Each area will have a different hierarchy of values. Some core values may be shared across areas however on the whole a person will be getting different things – different values met in each area.

A problem occurs when a person is only undertaking activity on one of these areas.



In essence the individual has only one avenue to meet all their needs, one area to meet their values. One area cannot do this – work is unlikely, for most people anyway, to provide for example health, love, spirituality or peace etc. Therefore in order to have a life that ensures all values are being met it is important to have activities in a number of different areas. So work cannot be someone’s whole life – in order to function, in order to get what they need to survive they need to do other things. In the example above they need to spend time in a relationship, on leisure, on a hobby, with family and friends, on personal growth, contributing and alone. It’s not just because other people want them to but in order to meet their own unconscious physical, mental, emotional and spiritual needs.

So for all those occasions above where I combusted, it wasn’t I was bored with the activity I was giving up, I was just using too much time on the activity and not having other values met – life was no longer as fulfilling. I’d lost motivation for life because my values, that provide the motivation, were not being met.

There will always be times when one area requires more focus than another. However when this happens it has to be remembered that this is at the expense of some values not being met. How long this can continue will differ from one individual to another. The symptoms, such as my combustion which many times meant sleeping for a few days and avoiding people, will also differ. So some people will just be aware they’re not as happy as they could be or are finding it harder to get out of bed in the morning. Others may not be aware that all their values are not being met until they’re ill or suffer from depression. In all cases the symptom is just the unconscious’s way of flagging there is something wrong, trying to get back to the status quo, back into balance to ensure all its needs are being met.

Of course that leaves me heading towards combustion with my fitness training. As I consider it more fully, a life revolving around 10 sessions of fitness training, and all the associated chatting, travelling, showers and washing of clothes is nearly making it a part time job and is starting to stop me from doing other things that I value. It’s stopping me from working on this book, networking with others, spending time with friends, time reading (the latest Harry Potter book – can you tell I wrote this a while ago ), time finding myself a partner, and spending time alone. It’s also meaning I’m not taking as much care with what I eat (snatching meals when I can – that’s still true!) and even the amount of time I’m allowing for sleep has been reduced. I could of course decide to double up my activities and try to find a man through fitness – at a class, on a climbing wall or whilst out for a jog. Yet the mainly female classes and solo personal training sessions aren’t doing that. If I was in a relationship then I could certainly choose activities that meet my values in more than one area by going climbing with my partner, going to meditation with a friend, incorporating spirituality and contribution into my work. In this situation I already have made new friends at the studio, met someone I am going to work with and am now offering a workshop there too. These however were all in place when I had 3 sessions a week not 10! So I’d just issue a word of caution. Please ensure that the strategy to double up isn’t used as a camouflage for just undertaking one area of activity. The essential thing is that all of your values are met by the activities you undertake. Unfulfilled values will have a way of making themselves heard just as much as the partner or children who never sees you.

In the next chapter we’ll explore how to determine what your and other people’s values are and how to get them into a hierarchy and ensure they are well formed.

## Laughter

“Are you sure it’s ok to come round today at such short notice. I really don’t want to abuse your friendship with my friend” said a potential client. She had not been to sleep for days and was feeling very anxious and stressed and had rang her friend of mine, in desperation just in case she thought I might be able to help.

Of course it was ok for her to come round – not least because it felt right. Whilst preparing the transformation room I work with clients in for her visit I reflected on my decision to say yes to her visit and heard my internal voice say

*“Because you love nothing more than being able to help someone when they’re stuck”*

How true. How many times when I was in full time employment had I abandoned what ever I was in the middle of to listen to someone who was struggling? To then have to stay late that night to finish the job I was paid to do. How many times did I close the door of an office to be met with tears and an expectation from the other person that in some way I might be able to help? How many times had I stuck my oar in on other people’s projects when I’d heard too many times that things weren’t going well and people were in crisis?

Of course I know now it’s not just that people are stuck that motivates me but that they’ve chosen to take action to change the situation (please note there’s no judgement here on people unwilling or unable to make the changes just an understanding that if they’re not going to make any changes I’m not motivated). You see choosing to talk to me is never the easy option. Of course I empathise with the individual in front of me. What I don’t do is just tell them how bad it is and join them in their pain. I’m sure they have plenty of friends for that. I facilitate them being able to uncover the reason for being stuck and to identify an action plan out of it. Well if that’s really what they want anyway.

So to be motivated I need people in my life who are stuck . Once they are no longer stuck then my motivation reduces because my value is no longer being met.

In understanding that this activity gives me fulfilment then I can understand why I don’t enjoy certain jobs, why I say no to others and why I stop what I’m doing on a Sunday morning after a busy week to sit with someone for an hour. It also gives me a basis from which to work on what direction my business should be taking which includes writing the book of which this was a part. It took me a long time to realise that I would be more motivated to write it if I imagined you reading it and getting something from it.

In conversations this week with friends we’ve talked about ‘having a dream and wanting to live it’, ‘walking our talk’, ‘creating a life that matters’ and ‘finding our purpose in life’. Understanding what fulfils me enables me to understand how to achieve each of these for myself. It helped me understand what walking my talk looks like, what my dream really is and start to understand what I need to do to bring it into reality and in doing so create a life that matters for me. A life that matters for me is one where everyone is able to release the blocks to them having the life they want and able to connect to their passion in their life. A life that matters for me is one where I do everything I can to help make that possible. Of course I can’t do it on my own but if I just do what I can to move towards this every day then I will be making the difference I can – others will do what they can and between us things will start to change.

I wonder if you know what makes your life fulfilling. What will motivate you to live your dream and create a life that matters? I suspect if you already knew the answer to those questions you’d be doing it by now and not have any motivation for reading this. So how do you find what truly motivates you? One way to do this is of course is to look at the sorts of activities that motivate you and those that don’t. If you consider this enough for a specific context such as work then sooner or later you’ll see the pattern like the one I have just explained. Understanding what activity motivates you doesn’t explain why it motivates you however. Understanding the reason why will provide more clarity and enable you to understand more fully how to manifest the dream.

So it’s back to values again and this time we’re going to find out what they are? Let’s look at the above example. Amongst many other things I am motivated to help people who are stuck and yet willing to make the necessary changes in their life if only they knew what that was. In order to understand the value that provides the motivation for that behaviour I need to ask myself:

*“what’s important about helping people who are stuck?”.....My answer is “Being useful”*

*Then I ask “what’s important about being useful?”.....“Making a difference”*

*“what’s important about being making a difference?”.....“Contribution”*

*“what’s important about being contribution?”.....“it just is?”*

I just keep asking the question until I can’t give a different answer.

There’s a reason for asking this question. The question is specifically asking me what’s important to me about doing that activity rather than doing something else that might give me the same outcome? So if I ask “why do you do it?” it’s not the same. If I help people because it pays my mortgage that’s a great reason why I do it but not an explanation of why it’s important when I could stay in full time employment and purchase services for the bank and pay my mortgage that way. In other words both activities may give me money but purchasing for the bank doesn’t give me contribution. Yes it might do for other people - but not me – not any longer anyway. So my choice of helping people is because in addition to paying my mortgage (which ultimately gives me security) it also gives me a sense of contribution.

Of course your answer might still be “it’s not important” that you do an activity. That you simply do the activity to give you money for example and therefore you could do anything so long as it gives you money. If that is really true then you do have some options. In the first chapter we considered that we all have values that we want to achieve and these are met by the things we do in life. It’s our desire for these things, for meeting these values, that gives us the motivation to undertake activities in order to get them. If an activity is only providing the means to achieve a value – i.e. money to pay the mortgage to provide for example security (and here’s it’s difficult for me to not use my own values as examples) then why not choose an activity that also meets another value? My suggestion would be that if you only go to work to earn the money that there will be days where you lack passion, lack motivation and lack meaning. It’s as if the activity isn’t closely enough connected to what you’re getting from doing it. That might be why you’re reading this now. For me the question has to be how would it be if you were able to earn the money by doing something that was important to you too. Just like I did when I left full time employment to work for myself, just like the man on the plane who had given up being a prison officer to counsel individuals with learning disabilities and their families, just like my step daughter who went to university at the age of 25, just like lots of people who perhaps hear themselves saying “there must be more to life than this!”. What all these people have in common is that they understood that their life lacked passion and once they realised what was missing went out and got it. They did this by ensuring that the life they chose included activities that met more of their values.

So back to the exercise. There may be other values at play so I ask the same question again:

*“what’s important about helping people who are stuck?”* and here I got the answer: seeing patterns, logic, and the end value was **truth**.

I keep asking the question until I don’t get a different answer. So *“what’s important about helping people who are stuck?”* - Sense of satisfaction, feeling in heart, **love**.

You may note that I was specific that the people in crisis needed to be willing to make the changes so why’s that important? *“What’s important about the fact that I’m working with people willing to make the necessary changes in their life”* here I got the answers: seeing people taking personal responsibility, empowering people, **empowerment**.

And again *“What’s important about the fact that I’m working with people willing to make the necessary changes in their life”*: Inspiring others, changing people’s lives, satisfaction, **achievement**.

So I have values of contribution, truth, love, empowerment and achievement which provide the motivation for me helping people.

Why don’t you have a go yourself? Think of an area in your life, or specific activity within an area, and just ask yourself ‘what’s important about that?’ and see what answers you get.

A word of caution. There are books that just provide you with a list of values and then just ask you to pick the top 10. I’m sure that doing this will reveal something. I do wonder however when presented with a list of values whether our head just gets in the way and comes up with the list we think we should have rather than let our heart speak to us - after all values do come from the heart not the head. Also until I asked the questions above I certainly had no sense (ie in my head) that my love for logic and patterns ultimately gave me the truth and that was what was important to me. Of course when I realise that truth is the underlying value then that explains a lot about other activities I undertake – even writing this and certainly the spiritual exploration I have undertaken over the last few years. It even explains some of the conversations, ok arguments, I had when in full time employment about finding the truth at work rather than playing all those corporate games! So do try the exercises listed they’re not there just for fun and as I did you may well get a lot from the process that you didn’t expect.

As you’ve discovered values do change dependant on the context and also change over time. When you’re born you pick up the values from your parents and other significant adults in your lives. As you age you may model others you respect and admire and take on their values too. You also accept values from the communities and cultures within which you live. Your values can also be formed by significant emotional experiences. So the values you have now will be as a result of

what's happened to you and the people you've met in the past.

In the last chapter I explained that our values need to have a clear hierarchy. To do this we need place our values into a hierarchy. Using the example above my values in operation at work: contribution, truth, love, empowerment, and achievement. I'd suggest that I need to consider other activities at work to get a more fuller picture and a few more values aiming for between 5 and 9. So I'm going to add the 4 I got from doing this process on other activities – contribution, connection, laughter and commitment. I'm also going to add in Freedom having mentioned that in my newsletter.

I now write each value down on a separate piece of paper and put them into a hierarchy to understand which is the most important to me. So I start with Contribution and ask if it's more important than Truth, Love, etc. By repeating this process eventually I will have your hierarchy of values for the context of work.

### **My hierarchy for work is:**

Freedom, Laughter, Connection, Empowerment, Truth, Contribution, Love, Commitment, Achievement

What's your hierarchy look like? How might your hierarchy explain what you are motivated to do and what you never manage to get round to doing? How does the list of work activities you did last week relate to this list? Were all your values met? Did some activities not even meet one of your values? What do those activities really give you?

For me the above hierarchy certainly answers some queries and raises others including:

I'm not motivated to do the lecturing as it is only a means to an end for Commitment with me being more motivated to undertake tasks which give me Laughter and Connection. I'm also teaching a syllabus which is certainly not allowing me to demonstrate freedom.

If I could bring in more Laughter and understand how I was connecting with and empowering the students I might be more motivated to do the preparation for the lecturing. Although I'd still need to sort out the impact my desire for Freedom is having.

If I am getting, however I define, Love at work then that explains why I am not motivated to take any action on finding a partner.

Having the highest value of Laughter might explain why sometimes I get too excitable and carried away at the expense of what ever I'm supposed to be doing!!

Now you understand your values and the impact they have on your life it's time to consider if you want to make any changes. If you have the life you want then the answer is simple you don't have to make any changes. You might choose to but you don't have to. If you want life to be different in some way then changes need to be made to allow life to be different.

To find the solutions you need to go back to the conditions for your value's well formedness.

### **A clear hierarchy**

What you are motivated to do and not motivated to do in any context is driven by your values and hierarchy of those values. If certain values are impacting negatively on what you do and don't do then you can consider altering our hierarchy and noticing what happens when you do this. Yes I do mean just rewrite the hierarchy in a different order and notice what you notice. All the list is doing is representing a list that's inside you somewhere. If you write it out in a different order you may then try out the new order inside too? Initially it might only last a few minutes but at least you'll get a sense of the difference?

Before you rush off to try this do be very careful. Consider the impact moving a value will have on you and others around you. Will the impact be beneficial or ecological? If not then please refrain and find something that is beneficial. Remember at any time you can alter the list back to its original order?

### **For example for me**

- I may wish to be more Achievement focused and deal with the matter in hand rather than easily distracted. This might be achieved by simply moving Achievement further up the list or Laughter down the list. I might try one and see what happens over the next few days. I may then move the other if I notice no change.

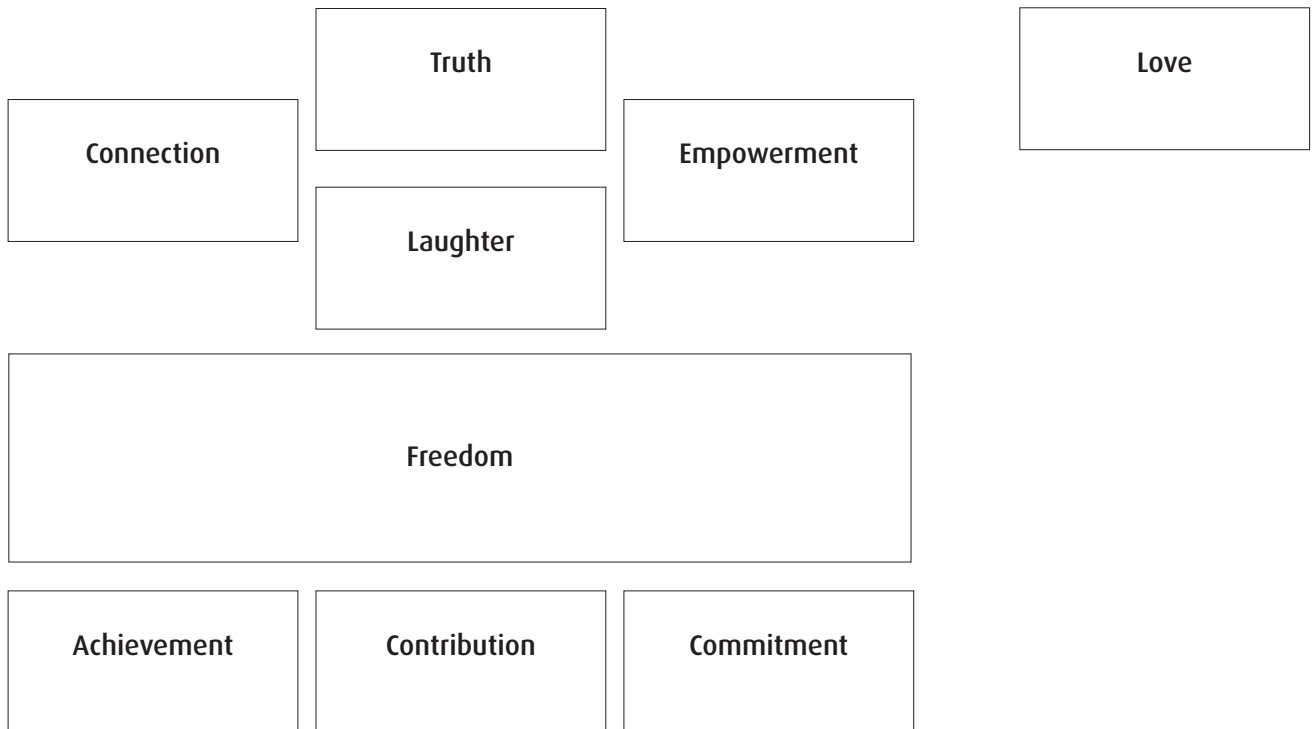
- or If I really do want a loving relationship I may wish to move Love into a hierarchy for my relationship rather than leave it at work!

However just rewriting the list in another order might not work for you.

One other process is to describe the colour or size of the words in your imagination. Perhaps the words are all one colour or all the same size except for one word. Observe the pattern of the words - bigger, smaller, brighter, more colourful etc. How might this pattern explain the behaviour you want to change? How might the pattern be changed to reflect the new behaviour you would like to undertake. Experiment, slowly as before, and notice what happens if you change the colour, or size of a word.

For me Achievement is in black and white and all the others words are in colour. So making Achievement colour might be useful especially as I've already said my lack of attention to achievement does impact my life.

Another option is to lay out the words on the ground. You may be surprised what you discover – I was! See below for what I've just done with my values



Freedom is actually floating above the others and is much bigger. So I wonder what happens if I allow it to join the others and becomes the same size as them?

Love is already making it's way out of the list – although I have noted to do this process for my list of values for a relationship. I wonder what the submodalities (location, colour, size, shape, sounds, feelings etc) for those values would be. I think they will help explain my lack of motivation to taking action to putting myself in situations with single men.

Anyway in this situation it feels like the bottom three could be the solid base for the other five but have somehow got cut off from them. I wonder if I move them nearer what happens. I'll let you know.

**To be relevant to the area of life**

As above if a value doesn't seem appropriate to the context explore how you might achieve that value in another context. Is there a more appropriate word that could be used in this context. So Unity might be a better description of my value at work than Love?

**To be not predominantly negative**

When I first did this exercise 8 years ago I had a value of not being controlled. Writing the positive value which was freedom was the first step. However I also did other work on exploring why I needed to be in control and not controlled by others. Until I did this I would suspect that the 'not being controlled' value would just keep coming back what ever I did with its submodalities.

**To have no conflicts**

You can use the process of changing the submodalities of the words to resolve conflicts between values. However you can also explore ways in which you can have both values. It's a bit like letting the two values negotiate how they're going to work together? Perhaps another value will emerge, perhaps new behaviours will be found to provide the values or perhaps the area of conflict will just disappear.

**To include self and others**

This is just a case of ensuring that for every context that in addition to you benefiting from your values so do others too.

**To be chosen**

Here we're just being asked to become aware of where our values have come from and ensuring that we still choose for

them to provide the motivation for our life? At any point we can choose to no longer operate with a value that was once relevant but is no longer relevant. We do this unconsciously as we move through life – this question is just providing us with a conscious moment to do this.

There are a number of other processes you can use to ecologically change your relationship with your values.

Use of metaphor is also very useful. 8 years ago I started using a process I called Landscaping Your life which used landscapes as metaphors to make changes in our lives. For example if freedom was a landscape what landscape would it be? Not unsurprisingly for me – sky. However when I look around it's just blue sky and cloud – there is no land, nothing to break up the sky. Perhaps I would even go so far as to say nothing to break up the monotony of the sky. As I imagine moving through the sky I can get a sense of the amount of energy required to stay in the sky. Wouldn't it be nice to land once in a while? As I imagine landing my body relaxes. Although I realise that now I've landed I'm not sure I even want to take off again and wonder if that's why once I'm up there I don't want to come down. So perhaps it would be useful to land somewhere on the edge of a cliff where taking off would be easier? In other words I play around with the metaphor until it looks, sounds and feels right. Then I check the original situation to notice how it's changed? As I now think about lecturing next week I realise how nice it will be to not have to think of the content myself and just to deliver what someone else has done! A few days off before returning to more taxing and yes perhaps more enjoyable work.

I also love using stories as you can tell from my newsletters. Why not have a go yourself? Just start with a character and just see what appears on the page. You could even just tell your story and notice what happens as you take the story into the future. Or perhaps rewrite your past and notice what happens now and in the future.

There are a number of NLP books that would be able to provide other processes for making changes to your values.

In conclusion you have values and these values can be placed in a hierarchy. It's this hierarchy and the relationship between values that impact what you do and don't choose to do everyday. If you have the life you want then these values and their hierarchy is supporting you to do this. If you don't have the life you want then it's likely that it's your values and their hierarchy that are stopping you. In these instances you have a choice to:

- Do nothing
  - Ensure your values are being met by the activities you are doing
  - Ensure your values are well formed
  - Ensure that the behaviours you believe demonstrate a value are appropriate and supportive
- For me it's possible for everyone to enjoy what they do and have passion for life. What about you?