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We are pleased to introduce the ninth issue of intoAction's *Exploring New Pathways*. The concept behind this newsletter is an invitation for you to explore new ways of thinking, new perspectives, and new behaviors. The themes we have selected are commonly addressed topics in coaching. We have chosen them carefully and are eager to share them with you, in the hopes you will find them both thought-provoking and valuable.

We have also created a blog where we can further discuss these topics  
<http://intoaction-coaching.blogspot.com>

Warmly,

Céline Brillet

into  action

## Exploring New Pathways

issue 9

23 March 2009

"Open your arms to change, but don't let go of your values." - Dalai Lama **Are you integrating your values into your life?**

### Re-visit your values

Values are ideals that guide our lives. They express what we perceive to be important truths, and represent who we are, what we believe in, and what really matters to us. When we are living out our values, we are in integrity and in harmony with ourselves.

We generally have a good understanding of our own values as they motivate our natural attraction to certain activities, jobs, relationships, preferences, and behaviors. We can also notice others' values through their words, actions, etc.

By knowing our values and living them out, we can set better goals - ones that are closer to who we are - and give our life meaning, pleasure, and happiness. Our values also enable us to make better decisions by assessing whether a particular choice corresponds to what we fundamentally believe in. Using values as a compass for assessing opportunities involving careers, goals, life changes, etc., will help shed some light on these challenging crossroads.

What happens when we are not living out our values? We sometimes end up feeling off kilter. We may feel frustrated, bored, or complacent. We can choose to ignore our values for some time, but they will catch up with us... We may not realize that we are out of sync with a fundamental part of ourselves. Taking a step back from a situation and assessing where

things stand vis a vis our own values and looking at the big picture are always good starting points.

How do you know that you are living out your values? How often do you take a step back and examine a situation against your values? Which of your values have changed over the years?

My invitation is to:

- Take a look at the attached document and review the values listed.
- Identify the 5 values that have shaped your life and/or that are motivating and driving your life today.
- Establish what steps you can take to start integrating some of your values into your life.

**PLEASE JOIN US AT [HTTP://INTOACTION-COACHING.BLOGSPOT.COM](http://intoaction-coaching.blogspot.com) IF YOU WOULD LIKE TO FURTHER DISCUSS THIS TOPIC.**

### **Top 8 reasons to partner up with a coach**

1. You want to make yourself a priority.
2. You feel stuck.
3. You want to build on your strengths.
4. You want to reach your goals more effortlessly.
5. You need a neutral sounding board to bounce ideas off.
6. You are facing a stretch challenge.
7. You have an important decision to make.
8. You are ready to move to the next level.

**intoAction** helps Executives and Entrepreneurs achieve their desired results through individual and team coaching, as well as through workshops devoted to developing leadership skills, managing change successfully, and enhancing team effectiveness.  
<http://www.intoaction.eu/>



**Céline Brillet, ACC**

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