

Shapes for Living

Week 1 Relating

Reflecting on the values that shape my lifestyle, relationships and choices

*The example below is written by a woman who is married, has a young family and a full time job. She has listed some of the core values she wishes her life to be shaped by:**

"I will seek to balance career and family as best I can since both are important to me. My home will be a place where I and my family, friends and guests find joy, comfort, peace and happiness.

I will exercise wisdom in what we choose to eat, read, see and do at home. I especially want my children to love, to learn, and to laugh – and to work and develop their unique talents.

I will be a concerned and responsible citizen, involved in political process to ensure my voice is heard and my vote is counted

I will act on situations and opportunities rather than be acted upon.

I will try to keep myself free from addictive and destructive habits.

I will develop habits that free me from old labels and limits and expand my capabilities and choices.

My money will be my servant, not my master. My wants will be subject to my needs and my means.

Except for long-term home and car loans, I will seek to keep myself free from consumer debt.

I will spend less than I earn.

I will use what money and talents I have to make life more enjoyable for others through service and charitable giving. "

(*From Stephen Covey, 'Seven Habits of Highly Effective People'. Simon and Schuster 1992, p107)

For reflection

Are there things on this list that express your own core values for the shape of your living?

Are there values or principles you would add to your own list?

Compose you own list, in your own time, which reflects your personal values and relationships.