

EMBRACE AND PRACTICE GOOD VALUES DAILY



How can people work life right? By knowing their values and living by them every day. Do that, and you will have few regrets at the end of your life. In [Make Today Count](#), John C. Maxwell describes six steps to help people make the decision to embrace and practice good values daily.

- 1. CREATE A LIST OF GOOD VALUES** - Begin writing down any and every idea you have concerning values. They should not be determined by externals, such as your profession or environment. Which are based on truth and your highest ideals? What would you be willing to live or die for?
- 2. ARTICULATE AND EMBRACE GOOD VALUES DAILY** - Jim Dobson, the founder of Focus on the Family, spoke at a commencement address about the midlife crisis many people experience between the ages of thirty-five and fifty. He said, "I believe that it is more a phenomenon of a wrong value system than it is the age group in which it occurs. All of a sudden you realize that the ladder you've been climbing is leaning against the wrong wall." Clarifying and embracing your values can help you to prevent such a thing from happening to you.
- 3. MAKE A DECISION TO LIVE THOSE VALUES DAILY** - True life change begins when you decide to change your value system, because it's foundational to everything you do. Having values keeps a person focused on the important things. That leads to a better quality of life, a life of integrity. Managing your life according to your values isn't easy. Why? Because your values will be tested daily by those who do not embrace them.
- 4. COMPARE YOUR VALUES TO YOUR PRACTICES DAILY** - The gap between knowing and doing is significantly greater than the gap between ignorance and knowledge. A person who identifies and articulates his values but doesn't practice them is like a salesman who makes promises to a customer and then fails to deliver. He has no credibility. In business, the result is that the person loses his job. In life, the person loses his integrity.
- 5. LIVE OUT YOUR VALUES REGARDLESS OF YOUR FEELINGS** - When your values determine you should take an action that will hurt you or cost you something, it can be harder to follow through. Successful people do what's right no matter how they feel about it. They don't expect to be able to feel their way into acting. They act first and then hope that their feelings follow suit. The tough decisions are the daily ones. Ken Blanchard and Norman Vincent Peale wrote in *The Power of Ethical Management*, "Nice guys may appear to finish last, but usually they are running in a different race." Living by your values is running in a different race.
- 6. EVALUATE EACH DAY IN LIGHT OF YOUR VALUES** - Most people take very little time to do any reflective thinking, yet that is necessary for anyone who wants to live out his values with consistency. Reflect on whether you add value to anyone's life during the day, because that is something you should desire to do every day of your life.

"Try not to become men of success. Rather, become men of value." - Albert Einstein