

Doing the right thing can surely get you into trouble although, take it from me, it does help you sleep well at night!

When you start to compromise what you know to be 'true' and 'right' and 'good' then you are on a slippery slope to hell. When does 'you scratch my back and I'll scratch yours' stop being a form of bribery? Don't misunderstand me I am all for collaborative business methods but this here is something different. What these people really mean is if you compromise yourself for me today I'll help you compromise yourself a whole lot more in the future. Does the process of selling yourself short get easier?! Truly, I wouldn't know. Surely, you just get more and more tangled up! When you start compromising what you should be doing, your values and beliefs for the hope and glimmer that you *might* get something more fruitful you can change that sweet smell of success into a bitter nasty aftertaste. There is no doubt in my mind that you have been bought! And those doing the buying *will* come back and try to buy from you again that type always does. My caution is that you are mindful of the price you'll have to pay because if it's going to compromise your sleep at night is it worth it? I say not.

There is a consistent focus around values and beliefs in some form or another in the work that I do; what they are, where they come from and how they can support us with being the best that we can be. Whether for personal use or in our professional lives, the messages that we take on (beliefs) can be both positive and negative. Both sets of messages can be seen as motivators. Some of the messages we take on are what we call motivating beliefs i.e. they push and drive us forward and others are inhibitors i.e. they limit and stop us from moving towards our desired destination.

I see our beliefs system as part of the foundation stone that underpins who we are and what we stand for. They are as important to us as knowing what our core values are, (the standards that we choose to live by). We struggle when we have nothing to relate to, nothing that helps to stay strong and stay focussed. Without a positive set of beliefs and core values we are open to suggestion, manipulation and vulnerabilities.

We are all unique and important individuals each and every one of us, it's up to us to decide which messages we want to take on as true and real and it's up to us to decide what our core values are. Yes, we can be influenced by a number of things; our upbringing, the media, culture, stereotypes and even our educators and money but when all is said and done it *is* up to us.

The journey you take to finding out who you are and what you stand for is not going to be an easy one, make no mistakes. Some of us may never feel the satisfaction of working in line with our positive

beliefs and values simply because the path we need to take to seek and find what is truly important to us is too difficult at the time. Those of us that do will never be the same again.

This is not about becoming hard or dispassionate but instead it's about being able to say 'no' or 'yes' depending on what the question is and being able to let go of any associated guilt that comes with that answer.

There is a sense of freedom that comes with making decisions and taking options and opportunities that are in line with your centralising system of beliefs and values. Something that tells everyone what you are about no matter what.

For more information on how I can support your journey, email me on

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