

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 15

AUTHENTICITY & VALUES



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

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Quick Guide

Habit 15 is entitled ~ **Authenticity & Values.**

This one is complete nourishment for your soul 😊!

The real authentic you has many desires your heart longs to fulfil. This will help you discover/reconfirm what they are and structure your life around them to naturally express your heart and soul.

This will help you live a life of inspiration, enthusiasm, and joy 😊.

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 15 ~ Authenticity & Values

"It is essential that you live authentically and aligned to your highest values, to live an inspired and fulfilment life!"



Authenticity & Values

This is the key to an inspired and fulfilling life.

The only way to a truly inspired and fulfilled life is to be your **authentic self** and fill your day with inspiring actions that are structured according to your **highest values**.

This habit is all about soul searching for some very important answers.

It is about going inside to truly understand who you are and figure out what really makes your heart sing, fills you with joy, motivation, and enthusiasm.

Authenticity

When Stephen and I do numerology readings for customers, we take their date of birth and full name and then tell them all about themselves.

They're very often shocked at how we know them so well having just met them. Now the whole purpose of the reading is to tell them all about themselves and confirm their true personality, hidden talents, strengths, natural skills and outline their potential.

My purpose isn't here to sell the benefits of numerology 😊, it is to make the point that all this information is encoded within everybody's birth name and date of birth (ok, I'll get to the point...).

In a nutshell, your birth name and date of birth represent an energetic blueprint of the authentic you (your personality, traits, skills, talents, flaws, karma, soul urge etc) that you have pre-chosen for this lifetime, so the authentic you is fully equipped to deal with all the lessons and challenges you are going to receive.

We all choose (prior to incarnating), who we are going to be, along with the corresponding life path which will provide us with the lessons our soul wishes to experience and learn from.

Think of it as a video preview (where you choose the next appropriate lifetime for your soul), then just prior to birth you have your memory wiped so you can learn from a blank slate, so to speak, so you're not encumbered with pre-existing memories and wisdom.



Right, I'm finally getting to the point 😊...

You possess a set of character traits, specific personality, natural skills, talents, flaws, and a soul urge **that is completely unique to you.**

That is your **authentic self**.

When you are your authentic self, your heart and soul line up and it just feels right and life flows.

One important aspect I've already mentioned is **soul urge**, this is what your soul came here to do as its main contribution in this lifetime.

Instead of soul urge, we are now going to call it your **vocation**. Simply put, this is your main purpose (your natural inner drive), it is what your soul came to express as its main purpose during this lifetime.

It could be through your main job, pastime, hobby, life project or simply viewed as your main contribution to the world/humanity.

There are no parameters

It doesn't necessarily mean it's going to be something ground-breaking!

Your soul already knows that humanity is ultimately all one collective consciousness, one family and your soul wants to contribute in some way to the collective, through you.

Your vocation might be to be a wonderful parent or foster carer so you can nurture and inspire children to live rich and fulfilling lives. You may dedicate a big chunk of your life to growing delicious vegetables and herbs to help feed and nourish your community.

You may want to build a thriving business that creates a lot of service for the community or dedicate a part of your life to the wellbeing of animals.

It can be absolutely anything, only you know in your heart and soul. You may be doing it already in a big way or small way. Only you can know!

My journey (David)

In the modern world a lot of people are lost. I personally went through a period like this in 2016 where what I was doing professionally (financial services) just wasn't giving me fulfilment any longer. After 19 years in that profession, there was an undeniable void, an emptiness, something was missing.

It was around that time I met Stephen and started to wake up in a big, spiritual way.

Within a few months I quit financial services and without planning it, I ended up working outdoors in nature (tree surgery, gardening, landscaping) and also started doing numerology readings part-time with Stephen around that time.



Within a few weeks of starting to work outdoors, I realised it was giving me the fulfilment and satisfaction (filling the void) that I'd been missing for a long time 😊 and I'm still doing it as write this in 2021.

Also, the part-time numerology with Stephen was also allowing me to help others get more from their life as I'm naturally drawn (soul urge) to want to help others through my knowledge (Stephen is the same btw).

The numerology effectively replaced the financial advice where I previously helped others, but now in a different way. The new path (numerology) simply replaced the old one (financial advice) and feels right 😊.

This very programme is simply an extension of that same urge to sincerely want to help other through the knowledge I/we possess.

I had to follow my inner urge to figure out what my **heart and soul** wants to do.

So, back to you.

You may be on the right path, you may be completely lost or anywhere in between!

It doesn't really matter as the past has departed and we're only concerned about making sure you're on the right path moving forward.

I'm now going to take you through an exercise to help you discover or rediscover your true values. These are what really motivates, enthuses, and inspires you, they are what drive that inner urge of your authentic self, your heart and soul.

Once you've identified them, if you're not fully on the right track, you can incrementally start to align your life with them, so you can begin to live a life of purpose and fulfilment.

Authenticity is being your true self, values give you the means to express your heart and soul.

Your Highest Values ~ 3 stages

Stages 1 and 2 are parts of an exercise to help you establish your highest values and stage 3 is then working with them daily (the habit).

The 3 stages are as follows;

Stage 1 ~ is **determining** your highest values.

Stage 2 ~ is **aligning** your highest values with your actions.

Stage 3 ~ is **monitoring** your actions.

What is a value?

Simply put, it is something that matters a lot to you.



There will be certain thing in your life that you value highly and other things that have a low value to you.

Your life at any given point is a reflection of your values. Now, that may be a good thing if you're in alignment or it might indicate that you need to re-align them, if you don't like what you see!

Only you will know.

Values are very personal; you see the world differently to everybody else and understanding your values will help you understand why you do what you do.

Key differentiator

High value ~ If you have a high value on something, you don't need motivating to do it or take care of it.

E.g. Let's say you have young children, you don't need motivating to take care of them as they are naturally highly valued by you.

Low value ~ If you have a low value on something, you'll likely put it off or get round to it eventually (but only if you have to).

E.g. If you have a low value on gardening, you'll probably make a token effort to do it every so often or pay someone else to do it.

Hierarchy of values

We all have a hierarchy of values whether we are aware of it or not. The higher on the list, the more value we place on it.

Examples;

If you value watching TV more than housework, you're likely to enjoy your downtime but probably live in an untidy house some of the time.

If you value having the latest fashion item more than saving and investing, you'll look great but you're unlikely to have much money left at the end of the month and little in savings.

If you value socialising and eating out more than exercising, you're likely to have a great social life but maybe haven't got the body you desire.

If you value spending time with your kids more than working on your part-time business, you'll likely to have a wonderful family life but the business never really takes off.

Important ~ there is no right or wrong value, it is only about **what matters most to you**, so you can focus on doing the things that are most important, enjoyable, inspiring, and fulfilling.



So, let's figure out what matters most to you.

Stage 1 – Determining your values (13 questions)

The following 13 carefully crafted questions will help you determine what your highest values are (N.b. we've also put this exercise at the end of the guidebook).

Reference: these questions are taken from the website of Dr John DeMartini who created this (we've put the link is at the end of this section if you want to do the original online version).

1. How do you fill your space?

Look carefully at 3 items that fill your personal or professional space. What 3 items do you see.... Do you see certificates, awards, art, paintings, crafts? Do you have business magazines, fashion magazines? Books? Pictures of family, yourself, friends? Write down concise answers of what 3 things mostly fill your space?

1 _____ 2 _____ 3 _____

2. How do you spend your time?

Look carefully and accurately at how you spend your time. What 3 things do you spend most of your time on.... With your waking hours, do you spend 9 hours working? 3 hours socialising? 3 hours with your children? 2 hours studying? 2 watching TV etc. Write down concise answers of what 3 things you spend the most time doing?

1 _____ 2 _____ 3 _____

3. How do you spend your energy and what energises you most?

You will always have energy for things that inspire you and that are high on your values list. Have a look at where you feel most enthused in your day-to-day activity.... Is it being of service at work? Is it solving problems and helping people? Is it socialising? Shopping? Is it cooking for loved ones? Is it working out? What are the 3 actions you love to spend your energy on, that energise you?

1 _____ 2 _____ 3 _____

4. How do you spend your money (most important things)?

You'll always spend money on things you truly value or are highly important. What are the most important things you spend money on...? Is it your home and security? Is it clothes and appearance? Is it your business and its development? Is it social activities and entertainment? Is it education? What are the 3 most important and consistent things you spend money on?

1 _____ 2 _____ 3 _____



5. Where are you most organised?

You will spend time organising things that are most important to you. So, in what areas of your life do you have the most order and organisation.... Do you have an organised social calendar? Do you have an organised set of finances? Do you have an organised workout schedule? Do you have an organised eating regime? Which 3 areas of your life stand out as the most organised?

1 _____ 2 _____ 3 _____

6. Where are you the most reliable and disciplined?

If something is important to you, you'll be dedicated to doing it without the need to be motivated. What are the 3 things you are most disciplined and focused on doing.... Is it your studies? Is it your workout routine? Is it your appearance? Is it your business activities? Is it your dietary and eating regime? Is it your family attention? What 3 things are you most disciplined, reliable, and focused on?

1 _____ 2 _____ 3 _____

7. What do you inwardly think about most?

Your mind will repeatedly focus on the things that mean something to you, related to your highest values. What are the dominant things you inwardly focus on...? Is it an ideal family environment? Is it having/building your dream business? Is it having a fantastic social circle and great social life? Is it falling in love with your dream partner? What 3 things do you focus on the most?

1 _____ 2 _____ 3 _____

8. What do you visualise and realise most?

What do you visualise most about that you would love your life to be like, that is gradually showing fruits and coming into your reality...? Is it the family lifestyle you dream about? Is it travelling the world? Is it becoming the leader in your field of expertise? Is it socialising with great people? Is it continually expanding your knowledge and wisdom? What 3 things do you visualise the most?

1 _____ 2 _____ 3 _____

9. What do you internally dialogue with yourself most about?

What are the things you internally dialogue with yourself that are most meaningful to you? What do you keep talking to yourself most about that you desire to come true and are gradually coming true...? What are the 3 conversations you talk to yourself most about that are slowly but surely coming true?

1 _____ 2 _____ 3 _____



10. What do you talk about the most in social settings?

Everybody wants to talk about things that are important to them. What are the subjects that you want to bring up in yours or others conversation, that nobody has to remind you about? You become alive and an extrovert when the conversation turns to something that is really important to you... So, what are the 3 things you always want to talk about in conversations?

1 _____ 2 _____ 3 _____

11. What inspires you or are you inspired by most?

What is common to all those things, insights, individuals, experiences, and events that have repeatedly inspired you.... Is it great moments of your own? Is it great moments of other individuals? Is it when someone conquers an amazing challenge? Is it when you achieved an amazing goal? Is it when you hear an amazing song or a moving piece of music? So, what 3 things inspire you the most?

1 _____ 2 _____ 3 _____

12. What are your most consistent long-term goals?

You are most willing to stretch yourself and act towards goals that have the most meaning to you.... So, what are the 3 most consistent long-term goals that you have persisted working on that have stood the test of time?

1 _____ 2 _____ 3 _____

13. What do you love learning, reading or studying about the most?

You'll always have time and energy for topics that inspire you.... What topics do you find yourself thinking or talking about the most? When you enter a bookstore, what sections do you make a beeline for? Which sections of the newspaper do you turn to first? What type of TV documentaries are you drawn to?.... So, what 3 topics are the most meaningful to you?

1 _____ 2 _____ 3 _____

Hopefully, you now have 39 answers (values) if you managed to find 3 for each question.

Collating the data

Now I want you to look at all your values and group them together, as you'll likely notice that several values (something you value very highly) will appear multiple times.

If you have a set of coloured pens, perhaps highlight all the multiple values in a specific colour or alternatively, write a number against them so you can collate all the data.



Now collate all your answers into a table, starting with the highest value (the value that appeared most frequently) and then the 2nd highest value and so on as shown in the example on the following page;

	Your Highest Values Example
1	Vibrant health and being in great shape
2	Spending quality time with my family
3	Building a successful part-time business
4	Financial security
5	Developing my spirituality
6	Travelling to a new place every 6 months
7	Socialising with friends
8	Watching and playing sport
9	Meditating and walks in nature
10	Starting a community project
11 +	...and so on.

Using the blank list below or the one at the end of the guidebook, now go ahead and compile your table of values from your answers to the 13 questions;

	Your Highest Values
1	
2	
3	
4	
5	
6	
7	
8	
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10	
11	
12	
13	
14	
15	

You have now determined your highest values, the top few specifically are what you value the most in your life.

This is very important information, as you'll know from doing the exercise, these are the values that excite you, inspire you and energise you that you don't need motivating to do or engage with.

So, what we are going to do is align and prioritise your life around them!

Stage 2 - Aligning your values

You understand that your highest values are what give you the most joy, fulfilment, excitement, motivation, and purpose in your life.



So, it makes absolute sense to start aligning and moulding your life around them to bring them into your reality as much as possible.

How do you do it? Glad you asked 😊...

Let's take the top 3 from the example;

1	Vibrant health and being in great shape
2	Spending quality time with my family
3	Building a successful part-time business

Because these 3 things are so meaningful to you, we need to adjust your general routine to accommodate them, because you know **how fulfilling and energised, they'll make you feel, when you're continually in full alignment with them** 😊.

You essentially build the related actions into your routine, so you start to live a life with purpose and fulfilment, based around what matters most to you.

Here are some practical examples of how you could do this (based on the 3 values above)...

For No 1 (Vibrant health) ~ you could spend 1 hour every single day following all the habits in this pack, say 30 minutes in the morning and 30 minutes in the evening. Every habit raises your vibration a little each time you do it, your mind, body, and soul is uplifted, and you feel better every day and very good about yourself which uplifts every other area of your life.

For No 2 (Quality time with family) ~ you decree that between the hours of 4pm – 7pm every day is 100% devoted to family time which includes sitting down to a family meal. Every Sunday is family day where the whole family goes out and does an activity. You feel wonderful as you are spending quality time with your loving family every single day. You're never more than 21 hours away from your next devoted family slot which fills your heart with joy.

For No 3 (Building a part-time business) ~ let's say you are inspired to build a small business doing something you are passionate about, that can be developed into a bigger business that leads to financial security. You devote 2 hours every day to working on and building this business. You feel good as you are following your heart and you're inspired to build something meaningful that you really believe in and it progresses that little bit further every single day.

With all 3 examples, it's about small actions steps continually worked on daily, to move you in the direction you are already motivated and inspired to go.

Even if you can only devote 20 minutes a day working on something, these 20 minutes will add up if you develop the habit and be persistent. It shouldn't be too hard to develop the habit and discipline if it is something you value very highly!

Leveraging your time

As we all know, life is busier than ever so it can be a challenge, fitting it all in.



Leveraging your time is how you **reprioritise your routine** so you can devote more time to doing your highest values but still get everything that is necessary, done.

Here's how it works...

Let's say you spend 3 hours a week doing the gardening or the washing/ironing but if you worked on your business instead for those 3 hours, you could provide a service that would bring in say £95.

The gardening/washing still needs doing but you find a local business or businesses that will take care of it all for say £50.

You now get all the chores done that you aren't particularly motivated to do, and you get to do the action that is high on your value list, you make a profit and you feel good for creating work for others, it's a win for all concerned 😊.

This is called **leveraging your time**.

You delegate (outsource) the things you don't particularly want to do so you can focus on the things that are high on your values list and bring you more inspiration, joy, and fulfilment!

If you aren't in a financial position to outsource, just do a little bit each day on your highest values, just 30 mins or an hour daily and build up the momentum. Just like all the habits, baby steps accumulate a lot quicker than you imagine.

Piggy banks become Biggy banks as they say!

You would not believe how long it took to put this 22-habit plan together in total (research, writing, filming, editing etc) but it was achieved in this exact manner. Starting with a plan and the habit of working on it every day until completed!

Put a plan together (to reprioritise your routine)

Once you have the values list completed, you need to sit down and look at how you can **reprioritise your current routine** to align it with your highest values. Put a plan together and start implementing the changes until you are in full alignment.

Take your time, it could take weeks or months, it doesn't matter as long as you have a plan and are moving in that direction, as this is where your heart and soul wants to go! We highly recommend that you keep the exercises, action plan and some sort of tracking system in a journal and treat it as an ongoing high priority project.

You are restructuring your life to fulfil your highest values 😊.

Re-evaluate regularly

We recommend you do the exercise in stage 1 and 2 regularly (perhaps once a year) to see if any of your highest values have changed, so you can make adjustments as required.



Stage 3 ~ Monitoring your daily actions

This part is the daily habit.

Recap

- i) You've determined your highest values from the exercise (stage 1).
- ii) You put a plan together to reprioritise your routine so you can start aligning your life with your highest values (stage 2).

Daily monitoring

The first part is to monitor your highest value activity. Look at each of your highest values in turn and ask yourself the following...

“Did I nurture my *(insert each highest value in turn)* today?”

This gets you to continually focus on all your highest values so you can make incremental adjustments and improvements as required, so you are always in full alignment.

You may only need to look at certain values every so often, you'll know what is appropriate. By monitoring regularly, nothing gets neglected as you are always mindful of how they all stand.

This will also help you plan things as you know what you need to work on or nurture at any particular time.

References

The [Determine Your Values Exercise](#) (Stage 1) is taken from the website of Dr John DeMartini. You can get the fuller version there and a graphical analysis chart.

Recommended book

[‘The Breakthrough Experience ~ A Revolutionary Approach to Personal Transformation’](#) Dr John F DeMartini

Final words

Always be your authentic self and structure your life to fulfil your highest values and you'll live with purpose, inspiration, and joy 😊!



Recommended habit action steps

- ✓ Complete the **Determining Your Values exercise** (stage 1), take your time.
- ✓ Complete the **Aligning Your Values exercise** (stage 2) take your time.
- ✓ Put a **Reprioritising Your Routine action plan** together (stage 2) to start aligning your routine with your highest values.
- ✓ **Monitor it all daily**, looking at each value in turn. Adjust, as necessary.
- ✓ Re-evaluate periodically (perhaps annually) with stage 1 and 2 exercises.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

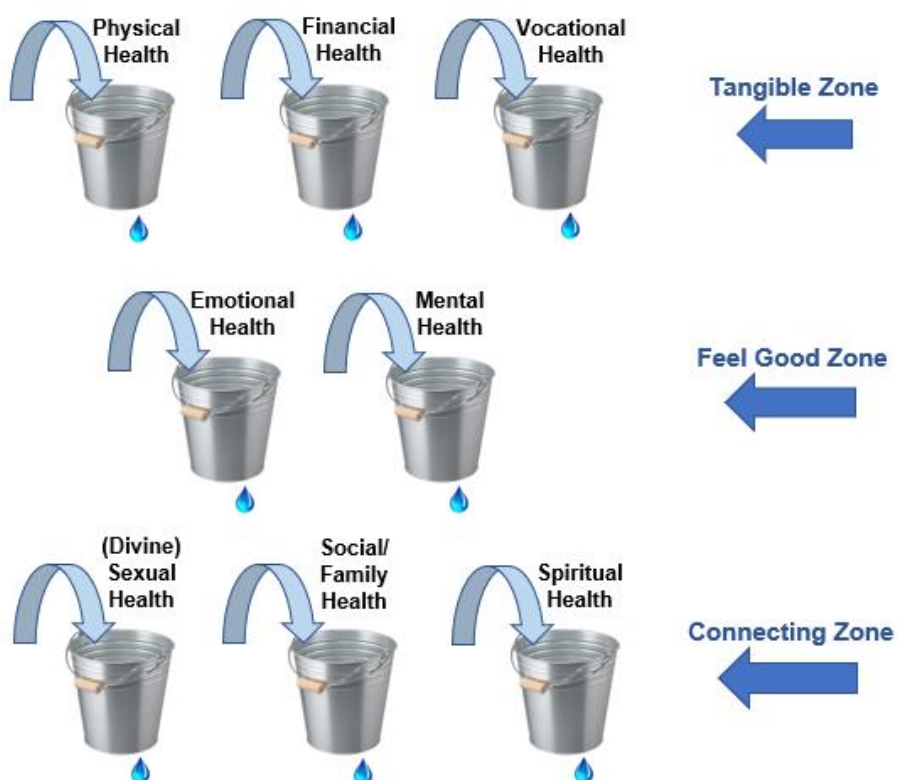
11. You will likely forget all this...but you can remember it whenever you want 😊.



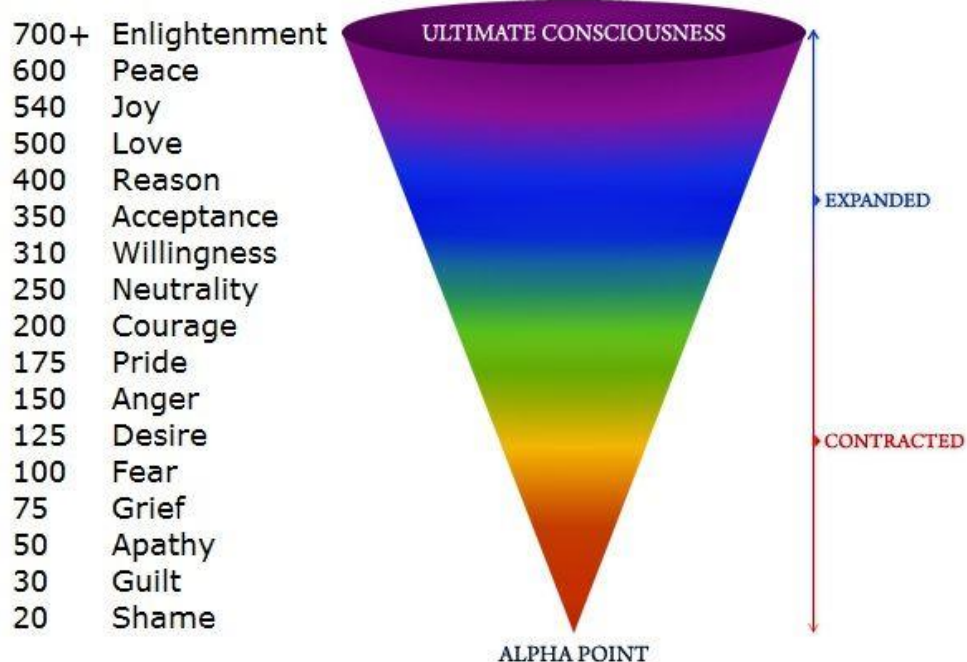
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

