

LESSON 6

Follow a Trustworthy GPS

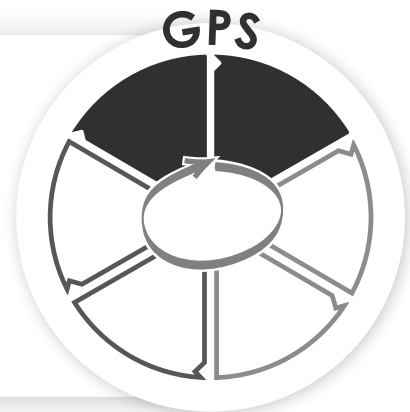
The quality and stability of your relationships will depend on what guidance system you choose to live by

Values are like a GPS (Global Positioning System). They help you to evaluate where you are in life and where you'll be in the future. If your values are accurately aligned with "true north" (principles of proven worth over generations of time), they will lead you reliably through all of the issues of life.

To become more Values-aware and Values-engaging...

Follow a trustworthy GPS

- G** **Grade your values**
Evaluate your current values
- P** **Pursue worthy values:**
Family, heroes, role models, employer
- S** **Serve others:**
It will make you happier!



Values you can use to program your personal GPS

Acceptance	Excellence	Knowledge
Achievement	Fairness	Leadership
Cheerfulness	Faith	Loyalty
Community	Faithfulness	Patience
Compassion	Family	Peace
Competence	Flexibility	Perseverance
Competition	Forgiveness	Professionalism
Confidence	Friendship	Productivity
Courage	Generosity	Respect
Creativity	Gentleness	Self-control
Decisiveness	Happiness	Selflessness
Dependability	Harmony	Self-reliance
Diligence	Health	Service
Discipline	Holiness	Simplicity
Diversity	Honesty	Sincerity
Effectiveness	Honor	Teamwork
Efficiency	Independence	Thankfulness
Empathy	Integrity	Trustworthiness
Encouragement	Justice	Unity
Endurance	Kindness	Wisdom



If we are to go forward, we must go back and rediscover those precious values—remembering that all reality hinges on moral foundations.
-Martin Luther King, Jr

GRADE YOUR VALUES

Reflect on your worldview

Which of the six worldviews described on the chart at rw360values.org/6worldviews do you embrace? Is its value system strengthening or undermining your relationships? Which worldview's value system do you think would be most beneficial for your relationships?

Reflect on times of success

Identify times when you felt most happy, successful, fulfilled and satisfied. Referring to the chart on the previous page, what values were you following at those times?

Reflect on times of disappointment

Identify times when you felt least happy, successful, fulfilled and satisfied. What values were you following or failing to follow at those times?

Reflect on times of conflict or stress

Identify a time when you were in conflict or felt unusual stress. What values were you following or failing to follow at those times?

Reflect on value inconsistencies

Identify values that you say you believe in but have often compromised or failed to follow.

Reflect on the next five years

Image you are looking back on your life five years from now. What values would you be glad you had followed? What values would you regret having followed?

Based on your reflections above, list the top ten values you'd like to follow more faithfully in the coming year.



I'm just going to say it: I'm pro-guilt. Guilt is good. Guilt helps us stay on track because it's about our behavior. It occurs when we compare something we've done - or failed to do - with our personal values.
- Brene Brown

PURSUE WORTHY VALUES



Your values form the foundation of your life. They dictate the choices you make and determine the direction that your life takes. Your values will influence your decisions related to your relationships, career and other activities you engage in. Despite this importance, few people choose their values. Instead, they simply adopt the values of their parents and the dominant values of society. Unfortunately, these values may also have created a life that is carrying you down a path that is not the direction you want to go at this point in your life.

- Jim Taylor, Ph.D.

Family

List the ten values that have significantly benefited your immediate or extended family.

Heroes

List five people whom you've read or heard about whose lives have greatly benefited others. By each name, list the values that seemed to guide their lives.

Personal Role Models

List five people you know and admire and would like to imitate. Beside each name, list the values that seem to guide their lives.

What are some specific ways that you could live out these values more consistently in your life? (A great way to start is to spend as much time as you can with people you admire so you can learn from their example.)

Employer

Ask for a copy of your employer's statement of core values.¹ Beside each value, write down two or three ways that you could live out this value more effectively in your work.

SERVE OTHERS

When you need to prioritize competing values, you will seldom regret giving priority to values that benefit other people, such as compassion, empathy, encouragement, faithfulness, forgiveness, generosity, gentleness, kindness, loyalty, patience and service.

Download GPS practice worksheet at rw360values.org/worksheets

LESSON 7

READ Yourself Accurately

Emotions have the power to move us

Emotions are like the wind to a sailboat: they have the power to move us in many directions and even to capsize our relationships and lives.

We can learn how to harness the power of your emotions

Just as good sailors learn how to read and use the wind, wise individuals learn how to anticipate and harness the power of their emotions. You can develop this skill by practicing the READ acrostic (see worksheet in appendix).

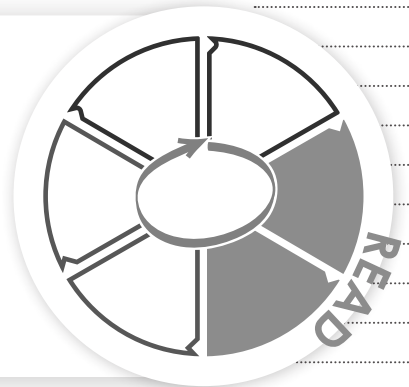
To become more self-aware and self-engaging...



Emotions are like the wind. They can either capsize your relationships or propel them on an exhilarating journey.

READ yourself accurately

- R** **Recognize** your emotions.
- E** **Evaluate** their sources.
- A** **Anticipate** the consequences of following them.
- D** **Direct** them on a constructive course.



Since language skills are located in the neocortex, naming your emotions engages your entire brain in processing emotions and making wise decisions.



Buy six seconds

Your neocortex is vital for impulse control. It's also where you store experiences and life lessons. Therefore, in emotionally charged situations it is essential that you find ways to give your neocortex time to engage along with your limbic system so you can think and respond with your whole brain.

For example, always take a bottle of water or cup of coffee with you during potentially difficult conversations. If you sense your emotions building, force yourself to take a sip of water or coffee before saying anything. This will give your mind six seconds to synchronize and could save you from hours or even months of relational damage repair.

Another strategy for dealing with intense emotions is to ask for a brief pause in a conversation so you can think about the issues and consider appropriate responses. If circumstances permit, taking a brief walk around the block also gives your mind and body time to process emotions and plan a thoughtful response

Do a 180

As soon as you sense strong emotions building, ask yourself whether they are likely to move you to do things that are helpful or harmful. If they are likely to move your relationship or situation in a positive direction, put up "full sail" and let those emotions move you toward constructive words and actions.

But if you sense emotions that are likely to move you to do harmful things (e.g., anger, jealousy, bitterness, fear), try to discern the direction those emotions seem to be pushing you ... **and then do just the opposite.**



Choices will continually be necessary and - let us not forget - possible. It is a deadly error to fall into the notion that when feelings are extremely strong we can do nothing but act on them.
- Elisabeth Elliot



Courage is being scared to death, but saddling up anyway.
- John Wayne



Download READ practice worksheet at rw360values.org/worksheets

LESSON 8

Serve Every Person You Meet

How do eagles soar to great altitudes?

Eagles are often seen soaring at altitudes of 10,000 feet. They do not have the strength or stamina to get to such heights by flapping their wings.

So how do they get that high? They search for thermals and then spread their wings to catch the updrafts of warm air that lift them to altitudes they could never reach in their own strength.

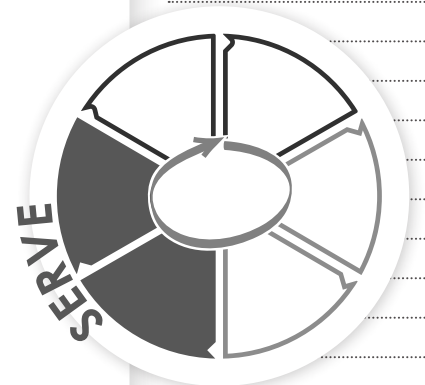
You have the ability to lift other people to heights they could not reach on their own

If you want to develop deep, enduring and productive relationships, use every opportunity to lift, serve and encourage other people. You can begin to make this a habit by practicing the SERVE acrostic:

To become more other-aware and other-engaging...

SERVE every person you meet

- S** **Smile:** Home, workplace, church, store, telephone.
rw360values.org/smile
- E** **Explore & Empathize:** Show interest and compassion.
rw360values.org/explore and rw360values.org/empathy
- R** **Reconcile:** Be a peacemaker.
- V** **Value:** Express appreciation and respect.
- E** **Encourage:** Give courage, inspire, put wind under their wings.



You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.
 - Dale Carnegie



Be kind, for everyone you meet is fighting a great battle - Philo of Alexandria

Download SERVE practice worksheet at rw360values.org/worksheets



Develop a Personal Growth Plan



"To learn, read ... to understand, write ... to improve, practice ... to master, teach"

If you truly want to grow, develop a personal growth plan:

- ☐ I will download the *RW360 Smartphone App* ("RW360") from the Apple or Google store
- ☐ I will read the rw360.org/blog (which applies to a faith-based version of relational wisdom).
- ☐ I will spend time with these highly relational people:
- ☐ I will copy the RW Worksheets (in appendix and at rw360values.org/worksheets) and use them to practice the RW acrostics for 30 days each.
- ☐ I will register for the online version of this course at rw-academy.org, which will allow me to review these principles and study them more deeply.
- ☐ I will keep a journal to record my RW experiences and insights (rw360values.org/journaling).
- ☐ I will provide feedback on this seminar and instructor by going to rw360values.org/survey

Practice the SOV Plan

Be relationally wise in all situations: Fill in this worksheet whenever you experience a challenging relational situation.

Date and general situation:

Self-aware: What am I feeling and thinking about this situation? About the other person? Why do I feel this way? What do I feel like doing? What would be the consequences of doing that? Is there a better route I can take, one that I'll feel good about five years from now?

Other-aware: What do others seem to be feeling and thinking about this situation? About me? How am I influencing their behavior? Is this the best time for us to talk? What can I do that would serve them and help them respond in a wise manner?

Values-aware: What are my most important values in life? What values are guiding me in this situation? Is there a gap between what I say I value and what I'm actually valuing in this situation? How will I feel five years from now if I compromise my values in this situation?

Follow a Trustworthy GPS

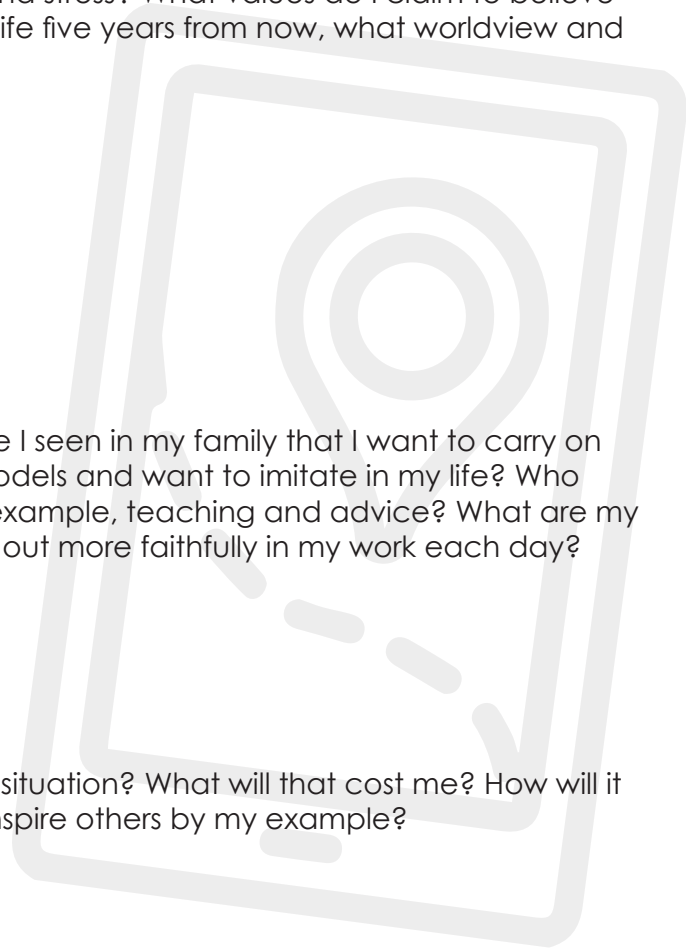
Learning to understand and follow your values in every situation: Fill in this worksheet whenever you experience a challenging relational situation.

Date and general situation:

Grade your values: What worldview and values have I been following in life? Are they strengthening or undermining my relationships? What values have I been following when I've been most successful, fulfilled and satisfied? Which values was I neglecting when I was least happy, successful or satisfied, or experiencing the most conflict and stress? What values do I claim to believe in but fail to follow consistently? When I look back on my life five years from now, what worldview and values would I be glad I followed?

Pursue worthy values: What beneficial values have I seen in my family that I want to carry on in my life? What values do I see in my heroes and role models and want to imitate in my life? Who could I spend more time with in order to learn from their example, teaching and advice? What are my employer's values core values and how could I live them out more faithfully in my work each day?

Serve others: How can I love and serve others in this situation? What will that cost me? How will it benefit them? Is it worth the price? How can I lead and inspire others by my example?



READ Yourself Accurately

Evaluating and managing your thoughts, emotions, words and actions so that they are always being used for good: Fill in this worksheet whenever you experience a challenging relational situation.

Date and general situation:

R**ecognize your emotions:** Pause, breathe deeply and carefully identify what you are feeling and thinking; specifically name those emotions.

E**valuate the source** Ask yourself: Why am I feeling this way and thinking these thoughts? What is driving this emotion? What's going on in my heart? What values, desires or expectations do I need to renounce? What fear is being triggered? What lies do I need to reject?

A**nticipate the consequences of following those initial feelings** What would probably happen if I allow my emotions to drive my thoughts, words and behavior? What has happened in the past when I followed these kind of emotions?

D**irect your emotions and behavior on a constructive course.** What is the most wise, positive and constructive thing I could do right now? How can I buy some time to think? Would it be best for me to say and do nothing for the moment? Is it time to "do a 180," to do exactly the opposite of what I feel like doing?)

SERVE Every Person You Meet

Understanding, empathizing with and meeting the real needs of others: Fill in this worksheet whenever you experience a challenging relational situation.

Date and general situation:

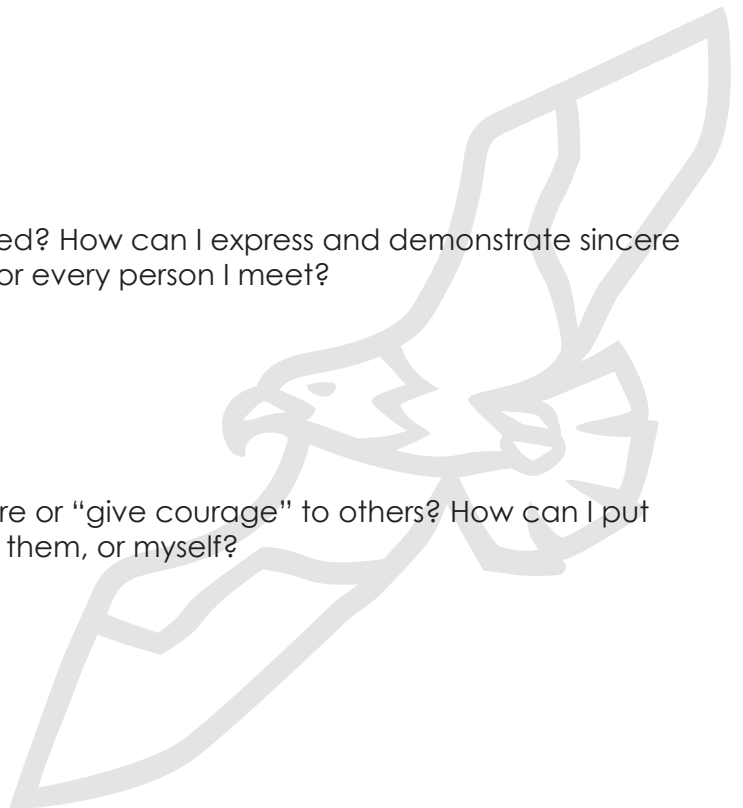
Smile Do I really love, respect and value other people? Do my smile and my eyes reflect a loving and friendly heart? How can my facial expression show that I feel empathy with others? How can use my facial expressions to encourage and connect with others?

Explore and Empathize (What are others thinking and feeling? How can I make them comfortable opening up to me? What questions can I ask to learn about their values, interests, hopes and struggles? How can I show genuine empathy and compassion?)

Reconcile Is there conflict between us? Between others? What can I do to be reconciled or to help others to be reconciled?

Value Am I treating others as I want to be treated? How can I express and demonstrate sincere respect, thankfulness, appreciation or admiration for every person I meet?

Encourage What can I say to encourage, inspire or "give courage" to others? How can I put "wind under their wings?" Am I speaking to benefit them, or myself?





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