

## The Values Vault

By Kim Dannies

Have you ever noticed that when you make a good choice your lungs fill up with air and you breathe easier? How about when you haven't made such a good decision, sooner or later you know it on some level between your head and your gut. People make decisions utilizing three "brains": the head's brain, the gut and the heart. For excellent decision making it is vital to engage all three brains in the process.

Would you like to be more practiced at making consistently good decisions? This goal can be accomplished by creating a filter through which all decisions must past muster each and every time a choice is present. The filter is like an automatic vetting system for the three brains, it ensures that you are presented with only refined options.

How is the filter created? By opening the vaults in your head, heart and gut and examining what it is that you truly value. I don't mean your Big Bertha golf club; I'm talking about global, non-negotiable values that reflect your personal truth. For me, my vault contains five values that all of my decisions must honor: wellness, vital relationships, integrity, enrichment and freedom. This is my shorthand method for making good choices. I have found that if I try to override one of these core values, at a later date I pay in consequences I could not anticipate. Your vault, all three brains, contain your values right now, access it by thinking, declaring, writing it down it down, and using it to make excellent decisions.

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