

## **Lee Weisser**

### **What drives you crazy can drive your next move**

Are there elements of your work life that drive you crazy? Maybe you've sat through one too many unproductive meetings and you took out your frustration by yelling at a customer. Perhaps you are sick and tired of having your ideas shot down by your boss and you blew off steam by getting angry with a colleague.

A situation that you find upsetting is a good place to think about what's really important to you.

Each of us has a set of core values or enduring beliefs that guide our behaviour and our decisions.

Personal experience, parents, school, peers, religious teachings, our community and the broader culture influence our values. With maturity, we learn to define our values independently of our family and community.

### **Conflicting values**

If you're honest with yourself, you can see that your actions tell the truth about what you really value. I can say I value courtesy, but if I'm always butting in when other people are talking, my behaviour tells a different story. This is why we have to pay attention to our behaviour and whether or not it really supports what we say we value.

So, how can you uncover what is really important to you? Ask yourself the following questions:

- What situations frustrate me the most, and why?
- Who makes me really, really angry, and why?
- What matters to me enough that I am willing to sacrifice for it?

### **Commitment**

Your true values will lead you to activities that energize you and commitments you will keep. When you make decisions that are aligned with your values, you will live deeply and authentically.

For instance, I value helpfulness. Helping my clients gives me energy each day. I also value learning. I need to be learning all the time in order to feel fulfilled.

If you're having difficulty uncovering your values, think about what bugs you and see what you find out about yourself. Turn those negative feelings into positive learning about you.