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Start with your Center

Resources, References, Research



*Note: Some resources around The Attention Economy encourage abandonment of technology or social media. We are encouraging a more nuanced approach, or at least encouraging a "dance in the tensions" around these issues.*

*Sharing resources does not imply full endorsement of resources or sources. All material is for educational and informational purposes only, and is not meant to be exhaustive*

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# Resource list for exploring/defining values

* Nir Eyal on the difference between articulating what we value [and our values: <https://www.nirandfar.com/common-values> ["If someone can take it away from you, then it’s not one of your values." Values are "attributes of people we want to be"]
* Possible values (and value) list from Brené Brown: https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf
* Wired Human's (Lisa and Jason Frost) worksheet to help with values assessment (this is especially designed to help youth): <https://18a3342a-c6ab-4288-b0a2-8f4df7b021c2.filesusr.com/ugd/f770a3_b58df69851c445f1a5e5af302d3a5659.pdf>
* Brené Brown's Wholehearted Inventory: https://brenebrown.com/wholeheartedinventory/
* A resource geared toward helping youth and families assess values: https://www.commonsense.org/education/lesson-plans/understanding-our-personal-values
* Another values worksheet (this link is for career planning, but worksheets like this can also work for general personal reflection): <https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>
* This resource includes questions you can ask yourself to consider what you value most: https://www.mindtools.com/pages/article/newTED\_85.htm
* One woman's attempt at outlining her values: https://shaunagordon.com/2018/03/08/personal-core-values/
* Stephen Covey, *7 Habits of Highly Effective People* (there's also an excellent version for families); *First Things First*
* Intent-Based Leadership (recommended by a participant during our Social Development Strategy discussion): https://davidmarquet.com/
* *The Gifts of Imperfection* by Brené Brown -- bringing in self-compassion to the process of self-awareness (humans are often afraid to look honestly at themselves because of fear or shame)
* James Garrett, expert in "Grow Thyself" ideas (neuroplasticity). See his website, Brain by Design, or his podcast here: <https://www.brainbydesign.com/podcast>. Here's an interview to give a glimpse of his work: <https://www.youtube.com/watch?v=OELZ397NJgs> You can also join a Facebook group called "Deep Change Project"
* Books like Viktor Frankl's *Man's Search for Meaning* or Corrie Ten Boom's *The Hiding Place*
* Warren Buffet's Two-list rule: A way to start to get real about where you want your life's work to go, shared by James Clear (author of *Atomic Habits*): <https://jamesclear.com/buffett-focus>
* <https://www.inc.com/jessica-stillman/use-this-10-minute-exercise-to-turn-stress-into-motivation.html>
* <https://michaelsseaver.com/lifecoaching/writing-about-your-values-2/> (intention vs. value)
* <https://www.visualcapitalist.com/most-influential-values/?swcfpc=1> (can you articulate the difference between value vs. values in this list, as per Nir Eyal's post on the difference between the two? <https://www.nirandfar.com/common-values>
* "“If you have more than three priorities, you have no priorities”**Brené Brown,** [**Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.**](https://www.goodreads.com/work/quotes/62183586)
* Leadership and Self-deception by the Arbinger Institute (see also *The Anatomy of Peace* (also by the Arbinger Institute) and *Bonds that Make Us Free* by Terry Warner
* *Lead Yourself First: Inspiring Leadership through Solitude* by Raymond M. Kethledge

# Some quotes on values-centered Living

"Most of us, when we really look inside, have a desire for life to be a particular way – to be happy. More specifically, we want to have a sense of energy and vitality, we want to feel a sense of connection and belonging, to be focused and effective [in our] work, to be resilient in the face of anxiety and depression, or to truly contribute and make a difference in the world.

"We all want this…and yet so few of us actually feel fulfilled in these areas of life.

"Why?

"We aren’t taught to value taking time out on a regular basis to understand what matters to us, what our needs are and how to set proper boundaries with ourselves and others to focus on what matters….

"[T]here’s a very simple truism in life and that’s wherever you place your focus, that’s where your energy is going to go."

-Elisha Goldstein, https://elishagoldstein.com/about/

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From the Franklin Covey Institute: "[I]magination [is] the ability to envision in your mind what you cannot at present see with your eyes. It is based on the principle that all things are created twice. There is a mental (first) creation, and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint. If you don’t make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default. It’s about connecting again with your own uniqueness and then defining the personal, moral, and ethical guidelines within which you can most happily express and fulfill yourself." <https://www.franklincovey.com/habit-2/>

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"Start by understanding yourself. That might mean taking up a reflective practice, or drawing up a mission and vision for your[self]. Why did you get into this? What change are you hoping to see in the world? What lines won’t you cross, no matter how much they’re paying?"

https://modus.medium.com/our-lives-are-becoming-comfortable-illusions-c83ca26fff9a

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"Changing your beliefs isn’t nearly as hard as you might think. There are two steps.

1. Decide the type of person you want to be.

2. Prove it to yourself with small wins.

"What do you want to stand for? What are your principles and values? Who do you wish to become?"

-James Clear, *Atomic Habits*

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“A leader [a parent] needs to have presence, to show up to the moment grounded in one’s self, as centered as one can be, ready to hear, to listen, to discern.”

-Raymond M. Kethledge

*Lead Yourself First: Inspiring Leadership Through Solitude*

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“Inward questions accept responsibility and open the door to improvement. Outward questions assign blame and seek to pass failure off on others.”

-Dan Crenshaw

*Fortitude*

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“It turns out that writing about your values is one of the most effective psychological interventions ever studied. [It includes various short-term and long-term benefits.] In many cases, these benefits are a result of a one-time mindset intervention. ​​In the short term, writing about personal values makes people feel more powerful, in control, proud, and strong. It also makes them feel more loving, connected, and empathetic toward others. It increases pain tolerance, enhances self-control, and reduces unhelpful rumination after a stressful experience. In the long term, writing about values has been shown to boost GPAs, reduce doctor visits, improve mental health, and help with everything from weight loss to quitting smoking and reducing drinking. It helps people persevere in the face of discrimination and reduces self-handicapping. In many cases, these benefits are a result of a one-time mindset intervention. People who write about their values once, for ten minutes, show benefits months or even years later.”

[from Dr. Kelly McGonigal, Stanford professor. Quote found in The Upside of Stress]

See also ”Know Thyself to Grow Thyself” resources: https://docs.google.com/document/d/1jKdupmDOzj1MkqATo7C\_nB5Nzdb2IoQ312HebjATEdk/edit?usp=sharing

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“The capital-T Truth is [that]…the real value of [life has] everything to do with simple awareness; awareness of what is so real and essential, so hidden in plain sight all around, all the time, that we have to keep reminding ourselves over and over:

‘This is water.’”

David Foster Wallace, <https://fs.blog/david-foster-wallace-this-is-water/> [note: contains profanity]

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“[Digital wellness is a] deep self exploration for understanding where we are in this life and our relationship with technology, or the relationship technology has with us...recognizing that as many things as we juggle at once…as many ways and as many different platforms we [use to] communicate...they all take their toll. Little by little but inevitably...they take their toll.

“And that impacts you in ways that -- unfortunately when it counts – are going to reveal themselves...so this is about going on a journey, not necessarily to take control of technology because that's going to be an ongoing struggle.

“[I]t is a journey to realize that there's…a bigger opportunity for you and your management of day to day life and how you use technology in that life, but [even] more so how you live a productive, creative, and happy digital lifestyle?

“[The goal is to]...get in front of distraction, to get in front of all the potential that we might be missing today.”

-Brian Solis, author of Lifescale

Brian is an expert in the technology world who learned through experience how drastically the pull of technology can impact one’s life. He is also an advocate for more humane technology development – an important principle embedded in Digital Wellness best practices.

(Quote is from this video: https://www.youtube.com/watch?v=Kbcilw2WJVw … shared with no promotional intent. I just liked the quote and his honesty.)

# Articles, Videos, Audio

* "Habit 2: Begin with the End in Mind" <https://www.franklincovey.com/habit-2/>
* "Identity-based Habits" by James Clear: <https://jamesclear.com/identity-based-habits>
* KNOW YOURSELF, Athoms Mbuma from TEDxBoulevardTriomphal: https://www.youtube.com/watch?v=bGnmigTUWIM - "when you know who you are, you can play different role[s] in society"
* Dr. Siegel's Wheel of Awareness (relates to the whole of our model, and starts at the center with characteristics/attributes) https://drdansiegel.com/wheel-of-awareness/

# Research cited in Dr. Kelly McGonigal's book

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Sherman, D. K., Hartson, K. A., Binning, K. R., Purdie-Vaughns, V., Garcia, J., Taborsky-Barba, S., Tomassetti, S., Nussbaum, A. D., & Cohen, G. L. (2013). Deflecting the trajectory and changing the narrative: how self-affirmation affects academic performance and motivation under identity threat. *Journal of personality and social psychology*, *104*(4), 591–618. <https://doi.org/10.1037/a0031495>