

Living by your values, and doing things with meaning and purpose can bring fulfillment and motivation to things you need to do.

Boredom, tired of doing a task, can't find the motivation to start, can't finish tasks, feeling what you're doing is useless - this often presents when your actions are not aligned with your values.

How do you find out your values?

Choose according to a desired outcome and life, not from obligation and fear. Do not choose your values based on social, cultural, family, peer pressure.

If you choose values for yourself and those align with that has meaning because you chose it, rather than it being chosen for you. Finding people with the same values as you, helps you to find your community.

Musgamakw Dzawada'enuxw have a list of traditional laws and values:

1. Importance of Spirituality
2. Importance of Relationships
3. Importance of All of Creation
4. Importance of Self

Do these connect to some of your own personal values?