

Hierarchy of Values

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go.” -Dr. Seuss, *Oh, The Places You'll Go!*

Four steps to creating a non-conflicting, organized list of your own unique values:

Step 1

As honestly as you can, write down what *you* (vs others) really like or love or want more of in your life; the people and things you care about most; etc. For example, here are a few of my own: work; my girl; being around other loved ones — friends, family, my dog Bjorn; travel more; books, a classic mustang, great sushi. You get the point.

Step 2

Ensure none of these values conflict with one another. For example, say you want beautiful and expensive clothes, and you want to have a strong character in life, AND you also don't want to work at all. That is a problem. You need to resolve that conflict of values.

Step 3

Organize these values from most important to least important, i.e. hierarchical.

Step 4

Smile, you've got a hierarchy of values.*

**Two very important notes: 1) update the list every so often where fitting, and 2) do the work to gain and/or hold on to these values in the real world (vs just in your head).*

All my best on the journey,
Jesse McCarthy

A few related quotes I like:

“The real preparation for education is a study of one's self.”
-Dr. Maria Montessori, *The 1913 Rome Lectures*

“Nature abhors a vacuum. When your own wishes are silent, those of others rush in.”
-Dr. Karen Horney, *Neurosis And Human Growth*

“... nobody owns us. We are our own person.”
-Fred Rogers, *Mister Rogers' Neighborhood*