

Introduction to
A Journey into Value Systems

Cracking the Genius Code

Introduction to A Journey into Value Systems – Cracking the Genius Code!

Awakening the Genius

It is important to understand that each and every one of us live our life according to our value systems. This is a discovery exercise. Our daily activities are filled up by what we value most and what we think about the most. At myvaluesystems.com eight value systems are identified.

Health, Career and Personal Development, Wealth and Financial, Family, Social, Spiritual, Emotional and Mental, and Physical

There are 8 Elements to A Journey into Value Systems.

1. **The genius mind:** The genius mind represents all the good about who we are. The genius mind has the abilities to connect to the Most High and bring in the necessary tools and information for manifestation. The genius mind represents the best of us in each of the value systems. The genius mind has the abilities to heal anything that is out of balance within each value systems.
2. **The ego mind:** The ego mind is in complete opposition of the genius mind. If you choose for the genius mind to represent love, the ego mind will always represent hate or any association to hatred. The ego mind is responsible for any illnesses we experience and any disharmony within each value system. The Most High doesn't recognize the ego mind because it wasn't created by the Most High. So, when we use the ego mind we are in a state of illusion.
3. **The Value Systems:** Using the value systems is a great way to organize your life. Use the value system as a healing technique to solve unwanted issues. The value system is a great way to discover your geniuses by understanding what you value most.
4. **The Thinker:** The Thinker has the power to choose. We always have the abilities to choose to use the genius mind or the ego mind. We have the abilities to choose which emotion(s) to use such as: love, joy, and happiness. The Thinker also has the abilities to entertain what it sees in the imagination. The Thinker is associated with the conscious mind!
5. **The Feeler:** The Feeler, under the control of the thinker, has the power to move in and out of the emotional value systems. The Feeler has the abilities to create and remove addictions and/or create a life full of passion and joy. It is the emotions of past memories that lock our behaviors in place to repeat life conditions over and over again. How we react to the events in our physical world plays a big role in how we feel. Ask yourself the question, "How do I feel?" This question has the ability to bring in a host of emotions that are currently being played out. To remove negative emotions are the keys to living life by our highest excitements. The Feeler is energy. Different types of energies turn into emotions of the past events and future projections. The feeler is where we start getting feedback of what we are creating. The Feeler connects to the subconscious mind and the higher mind.
6. **The Observer:** The Observer is a powerful tool used by the Thinker to observe without emotions. During a life event, the Observer can witness what's being revealed, at higher levels, because no emotions are being displayed by the observer. It is also used to observe our current emotions and thoughts being played out in the mind. Using the Observer is a great way to change or adjust belief systems. Using the Observer is also a great way to neutralize unwanted emotions.

7. **The Believer:** The Believer is the Crown of the physical world. The Thinker and the Feeler feed fuel to the Believer. The Believer plays a role in every value system and in every belief within each value. For beginners, there will be belief systems controlled by the ego mind. When the genius mind is being used, the Believer has access to higher levels of mind.
- What do I think?
 - How do I feel?
 - What do I believe and why do I believe this?
- These are the questions to ask in each value system and when a belief is under observation.
8. **Living by your highest excitement:** Excitements are the emotions our life should be filled with. Living life by your highest excitement can be as simple as reading a book or going for a walk. It can also be living life beyond your highest expectations or doing the things you always dreamed of. Living life from a genius perspective, with excitement intent and purpose, is a goal worthy to obtain.

Health Values

Health - the condition of being sound in body, mind, or spirit; *especially*: freedom from physical disease or pain.

Health Value System asks the questions, “Do I love my body?” and “Do I love my mind?”

What are my 3 reasons for a genius **Health Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Health Values**!

- _____
- _____
- _____

What are my “geniuses” **Health Values**? Create an action statement or a vision! Example: “I drink lots of water and eat healthy foods.”

Discovery:

Financial Values

Wealth - abundant supply / **Financial** - the science or study of the management of funds.

The Wealth / Financial Value Systems ask the question, "What is my self-worth?"

What are my 3 reasons for a genius **Wealth / Financial Value System**?

1. _____

2. _____

3. _____

What are my key words that match my "genius" **Wealth / Financial Value System**!

- _____
- _____
- _____

What are my "geniuses" **Wealth / Financial Value System**? Create an action statement or a vision! Example: "I am in the field of abundance."

Discovery:

Emotional Values

Emotional - A state of feeling; A conscious mental reaction (as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body. / **Mental** - of or relating to the mind; *specifically*: of or relating to the total emotional and intellectual response of an individual to external reality;

The Emotional Value System asks the question, “How do I feel and react about everything in my world?”

What are my 3 reasons for a genius **Emotional Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Emotional Value System**!

- _____
- _____
- _____

What are my “geniuses” **Emotional Value System**? Create an action statement or a vision!
Examples: “I am well balanced with my emotions.” “I see a world of peace and joy.”

Discovery:

Family Values

Family - a group of individuals living under one roof and usually under one head; A group of persons of **common** ancestry; A group of people united by certain convictions or a common **affiliation**; the basic unit in society traditionally consisting of two parents rearing their children.

The Family Value System asks the questions, “Is my relationship with you of love or hate?” And, “Why do we have this belief system in our family anyway?”

What are my 3 reasons for a genius **Family Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Family Value System**!

- _____
- _____
- _____

What are my “geniuses” **Family Value System**? Create an action statement or a vision!

Example: “I love you dad!”

Discovery:

Social Values

Social - marked by or passed in pleasant companionship with friends or associates; Of or relating to human **society**, the interaction of the individual and the group, or the welfare of human beings as members of society.

The Social Value System asks the question, “What am I going to communicate at this time? And, “What are my attractions to you?”

What are my 3 reasons for a genius **Social Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Social Value System**!

- _____
- _____
- _____

What are my “geniuses” **Social Value System**? Create an action statement or a vision!
Examples: “I have great friends and social networking!” “I see a world where we are all One!”

Discovery:

Spiritual Values

Spiritual - of, relating to, consisting of, or affecting the **spirit**; concerned with religious values; Of or relating to supernatural beings or phenomena.

The Spiritual Value System asks the question, “Who am I?”

What are my 3 reasons for a genius **Spiritual Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Spiritual Value System**!

- _____
- _____
- _____

What are my “geniuses” **Spiritual Value System**? Create an action statement or a vision!
Example: “I look for the genius in everyone.”

Discovery:

Physical Values

Physical - of or relating to natural science *b (I)*: characterized or produced by the forces and operations of physics; Having material existence: perceptible especially through the senses and subject to the laws of nature <everything *physical* is measurable by weight, motion, and resistance.

The Physical Value System asks the question, “What is it I choose to see in my world?”

What are my 3 reasons for a genius **Physical Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Physical Value System**!

- _____
- _____
- _____

What are my “geniuses” **Physical Value System**? Create an action statement or a vision!
Example: “I have a beautiful and organized environment.”

Discovery:

Career Values

Career - a field for or pursuit of consecutive progressive achievement especially in public, professional, or business life; A profession for which one trains and which is undertaken as a permanent calling. / **Personal Development** - Relating to an individual or an individual's character, conduct, motives, or private affairs often in an offensive manner; Having the qualities of a person rather than a thing or abstraction; To set forth or make clear by degrees or in detail; To work out the possibilities.

The Career/Personal Development Value System asks the questions, “What are my burning desires in life?” And, “On what level do I choose to provide my services?”

What are my 3 reasons for a genius **Career/Personal Development Value System**?

1. _____

2. _____

3. _____

What are my key words that match my “genius” **Career/Personal Development Value System**!

- _____
- _____
- _____

What are my “geniuses” **Career/Personal Development Value System**? Create an action statement or a vision! Example: “I have a wonderful business doing what I love to do.”

Discovery:

My Value Systems According to Time

Health, Career and Personal Development, Wealth and Financial, Family, Social, Spiritual, Emotional and Mental, and Physical

Exercise 1 Part 1: From the eight value systems listed above write down what you think is the order of the important to the least important value systems.

My Value Systems from the Highest to the Least Date:

1.
2.
3.
4.
5.
6.
7.
8.

Exercise 1 Part 2: What value systems are taking up the bulk of your day? From the eight value system listed above write down the order of the most time spent in each value system.

How I Spend My Time My Value System from the Highest to the Least Date:

1.
2.
3.
4.
5.
6.
7.
8.

Discovery:

A Journey into Value Systems – Level One

Cracking the Genius Code

Instructions:

1. The 8 elements of the journey are great tools to develop. Become aware of when you're operating in each element.. Especially, being aware of what your ego mind is thinking.
2. Defining your genius through understanding 8 value systems is the beginning process of your life awakening. If doing this program without a coach, it is recommended to start off with 3 of your favorite value systems.

What are my genius reasons for my value systems? Discover in each value system what is important to you. For example: A genius “health value” is to live a long, healthy and happy life.

What are my key words that match my genius values? In this exercise find harmonious words or phrases that match your genius profile. You can use words like: Health values – beautiful body/ beautiful mind; Financial values – abundance; Emotional values – calm and peace of mind.

What are my visions or action statements in my value systems? The subconscious mind is very clever. If you're seeing mind pictures be sure to capture what that vision is for that value system. If no vision is present, write out a positive action item for that value system.

3. My Value System According to Time is to awaken how we are spending our life here on Earth. The goal here is to compare what you truly value most in life and how you are really spending your time.
4. Cracking the Genius Code is designed to discover what geniuses are uniquely yours. Give this some thought! Be sure to get your friends and family involved in this process. This will truly give you some insight.

A message from the author!

This workbook is the beginning process to developing a wonderful life journey. To start the journey all one has to do is read through the workbook and ponder the questions being asked. The journey you will be taking is uniquely yours. Only you can take this journey and no two journeys are exactly alike. There are many levels to this journey. How deep you go into your journey depends on how detailed you want to define and discover your value systems. The goal of your journey is to find your Highest Excitements! The workbooks are designed to trigger important thoughts, feelings, emotions, beliefs, and your imaginations that could make a huge difference in your life. This workbook operates on eight different levels and they are your key elements.

The workbook is a tool for you to use. There's no set way to use the workbook. There will be no grade or time schedule in which to have the workbook accomplished. Some people will just read the workbook and ponder on what thoughts are being triggered. Some people will take notes in a journal or create a second or third workbook to do their writings and take notes.

The goal of the exercises is to organize your values, introduce new belief systems, and to discover and announce your geniuses.

About the program – This is the Introduction Program

This unique program is based on value systems, understanding your core beliefs, emotions, and thoughts. I have journeyers who have been in the program for two years now. I am here to remind you there's no end to your journey! Many times, we are not living our lives according to our highest values. Many times we are living our lives according to other people's values. A Journey into Value Systems gives one the tools to realign the belief systems, emotions, and thoughts to the highest values. Now, we have the blueprint to live our lives according to our highest excitements. The workbook and the coaching calls are designed to bring one back into alignment with their highest excitements and the accountability to take action toward the excitements. Be sure to visit www.myvaluesystems.com frequently! We are constantly updating and posting new information to assist you on your journey.

Currently, I am looking for young adults in the age range of twenties and thirties to develop and start mastermind groups. The mastermind group will consist of 3 to 8 people in a group. Our mastermind groups are designed to build an exciting life through understanding your geniuses, value systems, and assisting each other through the discovery processes. I will be your coach through this process. For more information, either contact me by email or give me a call.

Keith Thompson

Contact: Keith Thompson

Website: www.myvaluesystems.com

Email: myvaluesystems@gmail.com keith@designingmymind.com

Call: (425) 445-8129