

CLARIFY WHAT YOU WANT TO “HAVE,” “DO,” AND “BE”

Most of our choices fall into three categories. We can:

- Increase our material wealth (what we *have*).
- Improve our skills and expand the range of our activities (what we *do*).
- Develop our being (who we *are*).

Most people devote an entire lifetime to the first two categories. For example, many act as if they are “human havings” instead of human beings. For them, the quality of life hinges on what they have, and they devote most of their waking hours to getting more—more clothes, more cars, more relationships, more degrees, and more trophies. Human havings define themselves by the *circumstances* of their lives.

Some people escape this materialist trap by adding another dimension to their identities. In addition to living as human havings, they also live as “human doings.” Their goal is to do everything well. They define themselves by how well they do their jobs, how effectively they raise their children, and how active they are in clubs and organizations. Their thoughts and goals are constantly about *actions*—methods, techniques, and skills.

Of course, it is impossible to live our lives without having and doing things. This Success Strategy suggests that we also give lots of attention to our being—an aspect of our lives that goes beyond doing and having. We can call this aspect our soul, passion, purpose, or *values*. Our values describe how we see ourselves—our deepest commitments, the ground from which our actions spring. When we say that we want to be more loving, wise, or joyful, we are in a conversation about our values.

We can balance our wants in the domain of circumstances (what we want to *have*) with our wants in the domain of action (what we want to *do*) and the domain of values (who we want to *be*). We are more than just human havings or human doings. We are human beings.



clarify your values

This journal entry provides you with an opportunity to clarify your commitment to various "ways of being." This is not a time to consider specific, attainable goals (things to do or have) but rather a time to reflect on more fundamental choices about who you are and who you want to be.

Please devote some thoughtful time for this activity. Complete the following sentence with several answers:

I discovered that I am committed to being ...

Consider this journal entry to be a living document. Revisit it periodically as your life progresses and you gain more insight and experience.

