

00:00:24 Ama-Robin

Hujambo, Dear community! and Akwaaba to espresso talk today. I'm your host, Ama-Robin, and I'm having my turmeric coffee today for this informative and powerful show.

00:00:38 Ama-Robin

And yes, of course, it's an uncommon show too. Today we will discuss something called core values. Hmm. So what could those be and why are we talking about them?

00:00:53 Ama-Robin

Great questions, and I have great answers for you. Core values might not sound sexy or fun or interesting, but they are. They're all of those things, and they're powerful.

00:01:08 Ama-Robin

Trust me, this is an episode that you've been waiting for, even if you didn't know it before. Before we dive in, hit that subscribe button if you haven't already, and if you're feeling this show, share it with your family, your crew, your circle, everyone in your community.

00:01:28 Ama-Robin

Now grab that espresso or tea. Tea drinkers are welcome here too - and close the door behind you. We're going to get deep and we're going to get real. And I hope that y'all are ready for this.

00:01:52 Ama-Robin

Akwaaba! Welcome dear brothers and sisters and beloved gender neutral and gender nonconforming folks. I am so glad that you're here today. This is your go to podcast for insightful conversations on black empowerment and liberation.

00:02:11 Ama-Robin

Today, as I said, we are diving deep into core values. What are they? Why are they important? How can they make my life better? Why am I listening to you?

00:02:24 Ama-Robin

I thought that this was a black empowerment podcast show. So why are we talking about core values? They sound like a white thing. I gotta say it.

00:02:33 Ama-Robin

Well, they are not. They are definitely connected to black empowerment.

00:02:40 Ama-Robin

You've got lots of questions. I have some ideas and thoughts that I want to share with you.

00:02:45 Ama-Robin

And I have my turmeric coffee, so I'm comfortable. So let's get started. So what are core values, and why are they important?

00:03:00 Ama-Robin

Core values are the fundamental beliefs and guiding principles that shape who we are and how we navigate the world. They represent what matters most to us.

00:03:13 Ama-Robin

Our deepest convictions, our priorities, our dreams. Taking the time to identify your core values is important.

00:03:24 Ama-Robin

It's essential for living a purposeful and authentic life. Your values serve as your compass, guiding your decisions, your actions and relationships to make sure they're all in alignment with your true self.

00:03:41 Ama-Robin

Now, who doesn't want that right? But here's the thing - Identifying your core values isn't always easy.

00:03:51 Ama-Robin

Many of us just haven't taken the time to really think about what truly matters to us. Many of us just go to the motions.

00:04:00 Ama-Robin

We go to school. We get a job. We develop relationships. We accomplish a few things along the way. We might have children. We might buy a house. We do all kinds of things.

00:04:09 Ama-Robin

We retire. We we travel. But we don't really think about what is most important to us.

00:04:17 Ama-Robin

We're often influenced by external expectations. We're going to get to that.

00:04:23 Ama-Robin

Societal norms, that too, and cultural pressures that define our paths. And that may steer us away from our convictions, our priorities and our dreams, or who we we really are.

00:04:42 Ama-Robin

Without a clear understanding of our core values, we risk feeling lost, unfulfilled, and disconnected from our true purpose. We might find ourselves making decisions that don't align with our beliefs, or pursuing goals that leave us feeling empty and dissatisfied.

00:05:05 Ama-Robin

We don't want that, do we? But it happens. Core values provide a sense of purpose, direction and empowerment.

00:05:15 Ama-Robin

They remind us of who we are and what we believe in and the kind of world that we want to create and live in and leave behind for the next generation. OK, let's wrap let let's kind of get a little little more real, a little more directed here.

00:05:34 Ama-Robin

Identifying your core values is important for for several reasons. I really sat here and thought about this one. As I said, personal fulfillment and happiness, understanding and living by your

core values really can lead to a sense of personal fulfillment and greater happiness.

00:05:53 Ama-Robin

When your actions align with who you genuinely is, what you genuinely believe in, you can experience a deeper sense of purpose and contentment. In life.

00:06:05 Ama-Robin

It's another one. Your core values serve as a reliable compass, as I said, for decision making.

00:06:11 Ama-Robin

This makes decision making so much easier when we're faced with choices. Knowing our values helps us to make decisions that are consistent with our beliefs and our priorities, and it reduces feelings of doubt and regret.

00:06:28 Ama-Robin

You know, it's like going up to vote. If you go to your, you're going to the voting booth and you have an idea.

00:06:35 Ama-Robin

If you have a really strong idea of what's important to you, then you kind of know that, well, this candidate is very strong on that or this candidate is very weak on it. So it's easier to just to make a decision how you're going to vote.

00:06:49 Ama-Robin

Core values are like that too, because we are presented with an infinite number of possibilities, but only a few are going to be in alignment with our core values. OK, let's move on to another.

00:07:03 Ama-Robin

Another reason? Goal setting and achievement.

00:07:07 Ama-Robin

Core values provide a really strong foundation for setting meaningful goals. When your goals are aligned with your values, you are more likely to stay motivated, to stay focused, and to stay persistent in pursuing your goals.

00:07:27 Ama-Robin

And guess what? When you achieve them, they're going to mean something to you because they are who you are.

00:07:34 Ama-Robin

This is some exciting stuff here. That's why I'm really so excited today.

00:07:39 Ama-Robin

And this is how you become successful and how you accomplish your goals starts with your core values, that everything proceeds from that. Now, this next one, this next reason might be a surprise.

00:07:51 Ama-Robin

It kind of was for me. But it makes sense when I think about it.

00:07:54 Ama-Robin

Yeah, it's absolutely true. Stress reduction.

00:07:59 Ama-Robin

Living in alignment with your core values, with our core values can reduce stress and internal conflict. When our actions match our values, we experience a sense of inner harmony.

00:08:15 Ama-Robin

That's right. And matching your actions and values reduces stress and creates more balance in your life.

00:08:26 Ama-Robin

I wish you guys could see me right now because I'm doing this, you know this balance thing and it is true when it does reduce the stress and helps you to live more in more harmony. So identifying your core values really is essential for personal well-being, for decision making, for authenticity, for stress reduction and goal achievement.

00:08:50 Ama-Robin

And knowing your core values enables you to live more purposefully and intentionally. Again, isn't that what we all want?

00:09:01 Ama-Robin

So that's why this show is so important. And that's why I knew that you were going to like this episode and you can see it's not a wide thing.

00:09:12 Ama-Robin

So this show is going to focus on 2 Main questions, 1 how can we start living more authentically and in alignment with our core values? 2 what does this have to do with racism and black empowerment?

00:09:33 Ama-Robin

So that's what we're going to focus on. Of course we're going to start with 1, how we can live more authentically and in alignment with your core values.

00:09:40 Ama-Robin

But first, we are going to take our first breather break. This gives all of us a chance to breathe for a minute before we dive any deeper.

00:09:52 Ama-Robin

It's. I think it's a good time to relax and clear our minds.

00:09:57 Ama-Robin

Breathing helps with that. You might want to grab a pen or pencil and paper for this next section too.

00:10:04 Ama-Robin

But I'll see you in a minute. But don't feel stressed.

00:10:07 Ama-Robin

Take your time to breathe, Clear your mind and I'll We'll see you back here in a minute. And.

00:10:31 SPK_2

Yeah, trying to get a lot of.

00:10:45 Ama-Robin

Dough and dirt. The water.

00:10:46 Ama-Robin

I'm supposed to say anything is possible. Oh man, I got a lot of gold.

00:10:50 Ama-Robin

Stack that bread and vomit nose. Anything is possible.

00:10:52 Ama-Robin

Trying to get a lot of Dtime 0 to relax, I did, and I'm ready to get back to it. I will begin with that first question.

00:11:01 Ama-Robin

How can we start living more authentically and in alignment with our core values? It begins.

00:11:09 Ama-Robin

This process begins with self reflection, introspection, and a willingness to explore what truly matters to us. I am going to stop here, change courses here a little bit for a minute because I think that some of you are asking, OK, that's where I know what core values are by definition, but what are examples of core values?

00:11:33 Ama-Robin

In fact, somebody just asked me that. So I think we should stop and do this.

00:11:37 Ama-Robin

That's a great question and I am glad that you asked. I'm glad that they asked me too.

00:11:42 Ama-Robin

So I have a list of some Common Core values that some people may prioritize in their life. Remember that core values can differ from person to person, and this list is definitely not exhaustive.

00:11:57 Ama-Robin

Not by a long shot, but here are a few examples and I'm going to read. It's a list of 30 core values.

00:12:04 Ama-Robin

If something resonates with you, then write it down, you know, maybe you can come back to that later. But don't worry.

00:12:11 Ama-Robin

I have this list on the Espresso Talk Today website and you can sit here and listen or you can write. It's up to you.

00:12:19 Ama-Robin

OK? I'm going to read them all pretty quickly though, OK?

00:12:23 Ama-Robin

Because I want to get back to the other stuff. Integrity.

00:12:27 Ama-Robin

Respect. Justice.

00:12:30 Ama-Robin

Compassion. Community.

00:12:35 Ama-Robin

Family. Love.

00:12:39 Ama-Robin

Self Improvement. Empowerment.

00:12:43 Ama-Robin

Gratitude. Courage.

00:12:47 Ama-Robin

Independence. Equality.

00:12:52 Ama-Robin

Diversity. Creativity.

00:12:56 Ama-Robin

Health and Wellness. Freedom, Spirituality.

00:13:05 Ama-Robin

Balance. Adventurousness.

00:13:10 Ama-Robin

Patriotism. Open Mindedness.

00:13:16 Ama-Robin

Responsibility, Innovation. Achievement.

00:13:24 Ama-Robin

Legacy. Leadership.

00:13:28 Ama-Robin

Adventure, friendship. So those were 30 core values, yes, I said.

00:13:37 Ama-Robin

These are just a few examples and it's important to recognize yes and everyone made prioritize things differently. Some of these mostly I thought those are OK, but I don't want those to be my core values.

00:13:52 Ama-Robin

And some I thought absolutely that is definitely one. And then others I thought, I'm not sure and maybe so I need to think about it.

00:14:01 Ama-Robin

Identifying and prioritizing your own core values can be a valuable exercise of self discovery and personal growth. It can help you, as I said, to make decisions that align with your true self and bring more fulfillment.

00:14:16 Ama-Robin

We will return to that later. But also, I want to say again, this list is on the Espresso Talk Today website and a special talk today, and there's some exercises that you can find there too.

00:14:28 Ama-Robin

I'll discuss that later. So I think you do have an idea now of what core values are, and some examples of them.

00:14:36 Ama-Robin

And you can see how they can serve as a compass, helping us to make decisions better and that are more authentic to us and to our beliefs and that help us to see what's important to us. Now this is sounding complicated.

00:14:54 Ama-Robin

I'm not going to lie to you, fam. You know I never lie to you.

00:14:57 Ama-Robin

It is neither simple nor easy. That's right.

00:15:02 Ama-Robin

But it's also not complicated. Living consistently with your core values requires intentional effort and ongoing self-awareness.

00:15:13 Ama-Robin

It is work, but I do have some suggestions, things that can make it a little easier. Here are some strategies that can help you to ensure that you are aligning with your actions with your core values.

00:15:32 Ama-Robin

OK, here's the first thing. One thing we just did.

00:15:35 Ama-Robin

Clarify your values. Take time to reflect on and identify your core values.

00:15:41 Ama-Robin

That is the first step. You can get the list from the website, as I said, and sit down with it.

00:15:48 Ama-Robin

You're probably going to need more than one sitting, and that's OK. In fact, I think that's better that you do more than one sitting.

00:15:56 Ama-Robin

Take time. Take the time that you need and be honest with yourself.

00:16:00 Ama-Robin

Don't choose something that you should want, but choose something that you actually do want. Consider what principles and beliefs are most important to you and what do you want to prioritize in your life.

00:16:13 Ama-Robin

You're going to going to probably choose more than one core value, maybe five or six, maybe even 10, but they're all not going to be on the same level. Write down your values and revisit them regularly and to ensure that they may they remain clear in your mind.

00:16:31 Ama-Robin

Here's another thing you know I love doing this, guys. You know, this is a big one for me.

00:16:35 Ama-Robin

Practice mindfulness. Cultivate mindfulness in your daily life by staying present and aware of your thoughts, your feelings and your behaviors.

00:16:48 Ama-Robin

Meditation can't help with that. Present moment awareness is also helpful.

00:16:54 Ama-Robin

That means, you know, being fully present in the the current moment when you're doing what you're doing. Notice when your actions are consistent with your values and when they're not.

00:17:07 Ama-Robin

And mindfulness can help you to recognize moments of inconsistency and to make adjustments accordingly. This isn't about criticism.

00:17:16 Ama-Robin

It's about observing and then making adjustments and learning. That's what life is about, isn't it?

00:17:23 Ama-Robin

OK, then let's align your align our goals. Ensure that our goals are in line with our core values, Set goals that actually reflect what matters most to you, and then prioritize those actions so you can move closer towards those goals.

00:17:44 Ama-Robin

When your goals are consistent with your values, you are more likely to stay motivated and more committed to achieving them. And you will feel more fulfilled when you do achieve them.

00:17:59 Ama-Robin

OK, and here's another one. Self reflection.

00:18:02 Ama-Robin

Practicing self reflection. Take time to reflect on your thoughts, your feelings, and your behaviors to assess whether they're consistent with your values.

00:18:15 Ama-Robin

Ask yourself if your actions reflect who you truly are and if they align with what you believe. Journaling is really helpful with this.

00:18:25 Ama-Robin

Meditation is really helpful with this. You know they're my go TOS.

00:18:29 Ama-Robin

They really are. And also, remember, you're not judging or criticizing or belittling yourself at all.

00:18:35 Ama-Robin

You're observing and learning and adjusting. OK, this is the last one, but this is also one I found to be kind of surprising.

00:18:45 Ama-Robin

But it is so, so, so helpful. So please don't skip this one.

00:18:49 Ama-Robin

Seek accountability and support. Your community can be so helpful to you.

00:18:58 Ama-Robin

Surround yourself with people who share and support your goals and your values. Share your values with trusted friends, with family members or mentors and ask them to hold you accountable for living consistently with those values.

00:19:14 Ama-Robin

Having a support system can help you stay on track and navigate the challenges because there will be challenges. Personally, I have a life coach who is very helpful with keeping me focused and accountable.

00:19:29 Ama-Robin

I also have my family and my sister group, you know, so we are all talking to each other and observing each other and questioning and holding each other accountable and it's actually a wonderful thing. Having another person helping you on this journey is essential.

00:19:48 Ama-Robin

No one does this alone. And remember, you're going to be taking this in, but you also have to

make yourself available to help others too.

00:20:01 Ama-Robin

It's not a one way St. So by using these strategies and incorporating them into your daily life, you really can cultivate a greater alignment.

00:20:14 Ama-Robin

With your core values, now that you've identified them and that's going to take time, that's a big step right there. You know then you're going to map to be examining your and observing your actions to see how they align with your values and same with your goals.

00:20:30 Ama-Robin

And it'll help you to experience that sense of fulfillment and purpose. And remember that living consistently with your values is a lifelong journey and each step you take brings you closer to living authentically and in harmony with your true self.

00:20:50 Ama-Robin

You see, This is why this episode is so important, because this is something we all want and yet core values aren't something that we often think about. We don't learn this in school and so we're just expected to know it and do it.

00:21:06 Ama-Robin

But that's just not how it works. But anyway, it doesn't matter when you start this.

00:21:10 Ama-Robin

Now's a good time. And again, this is not easy and it's not simple, but these actions become habitual and they do become easier to incorporate into your life.

00:21:26 Ama-Robin

Wow, that was a lot. So we are going to take another breather break here.

00:21:34 Ama-Robin

Take time here to breathe. Yes.

00:21:35 Ama-Robin

Think, stretch. Do push ups.

00:21:38 Ama-Robin

Grab some coffee or tea. Do whatever speaks to your soul.

00:21:43 Ama-Robin

This is some great stuff, but we all need a break. This is short break.

00:21:48 Ama-Robin

I will see you in about 30 seconds. Get a lot.

00:22:25 Ama-Robin

Thanks for joining me, and thanks for showing the courage to stay in the building and discuss these difficult issues and to do the work so you can see how important core values are to living your best and authentic life. And each of us wants that, right?

00:22:45 Ama-Robin

Of course we do. Yet many of us just don't live by our core values, and in fact, many of us live in complete opposition to our core values.

00:22:58 Ama-Robin

This is not a criticism and it's not a judgment. This is just a fact.

00:23:05 Ama-Robin

But how does this happen? Well, good question.

00:23:09 Ama-Robin

I'm going to say it happens little by little, step by step, decision by decision. I don't think anyone consciously decides that they will do the opposite of their core values, but we unconsciously do so, and the more we do it, the easier it gets.

00:23:30 Ama-Robin

But there's more. No, this is not the end of the story.

00:23:34 Ama-Robin

And I think that it's important to bring up this issue because it affects almost everyone. Actually, I'm going to go with everyone.

00:23:43 Ama-Robin

So let's look at some obstacles that can block or distract us from living by our core values. And these distractions and obstacles can make it challenging to align our actions and decisions with our deeply held beliefs and priorities.

00:24:00 Ama-Robin

And guess what? Then we are not going towards our goals.

00:24:05 Ama-Robin

All right, here are some common things that can interfere with living by your values. See if any of these apply to you.

00:24:12 Ama-Robin

And remember, no criticism or judgment, observing and learning together external expectations and pressure. I brought this up a little earlier.

00:24:26 Ama-Robin

Yet societal norms, cultural expectations, and even peer pressure can lead us towards prioritizing external validation, external validation over our core values, our own core values. I mean, do you ever feel compelled to conform to societal standards, even if it means compromising your values?

00:24:54 Ama-Robin

Yeah, pressure from society can be huge. And we all feel that pressure.

00:25:01 Ama-Robin

And that can divert us away from living by our core values. Here's another one.

00:25:09 Ama-Robin

Fear of rejection or fear of criticism. The fear of being judged, criticized or rejected by others can also deter us from expressing our core values authentically.

00:25:24 Ama-Robin

I mean, have you ever avoided taking a stand on an important issue to avoid potential conflict or criticism? I'm raising my hand here.

00:25:34 Ama-Robin

You know, I'm not proud of it, but it is true. No one wants to be especially publicly criticized.

00:25:41 Ama-Robin

But that can take us away from living by our core values. Here's one we don't talk about much, especially in the white Western world.

00:25:51 Ama-Robin

Materialism and consumerism, the pursuit of material possessions and a focus on consumerism. This rampant consumerism can lead us to prioritize wealth and status and material gain over our core values.

00:26:13 Ama-Robin

Yeah, that's true. And not just at Christmas or during the holidays.

00:26:17 Ama-Robin

This can happen all the time, any time of the year because there's so many pressures to, you know, seek status and wealth and in the trappings of status and wealth over how we really feel about things. I mean, do you ever feel compelled to sacrifice or to Did you ever feel that disconnect between what you value most, really, and how you actually live?

00:26:44 Ama-Robin

Do you have the big house or seeking the big house? But then fine.

00:26:47 Ama-Robin

You really just want to live more environmentally, You know, more environmentally sound or in a more authentic way? Maybe not.

00:27:01 Ama-Robin

OK, another one. I think I'm going to get you on this one.

00:27:05 Ama-Robin

Work demands and career pressures, demanding careers and long work hours can often make

it difficult for us to prioritize our core values. Do you ever feel compelled to sacrifice your personal values for the sake of personal?

00:27:22 Ama-Robin

I mean, professional success? Yeah, mm hmm.

00:27:27 Ama-Robin

OK, let's be honest here, because I know I have. Well, OK, here's one lack of self-awareness.

00:27:34 Ama-Robin

Some people just don't feel fully understand their core values or they haven't taken time to reflect on them. Remember, that's the work that we all got to do here, and we have to keep doing it.

00:27:45 Ama-Robin

This lack of self-awareness can lead to a disconnect between the values and the actions and then the goals and the outcomes. Yeah, it's, you know, it's a slippery slope.

00:27:59 Ama-Robin

Here's another one. Insecurity and low self esteem.

00:28:04 Ama-Robin

People with low self esteem or feelings of inadequacy - who hasn't felt that at least once may struggle to assert their core values, may fear that their opinions and beliefs just won't be valuable or valid. Everybody has felt that.

00:28:23 Ama-Robin

No need to feel ashamed, but it is something that can divert us away from our core values. Well, here's one peer influence.

00:28:35 Ama-Robin

Peer groups can significantly influence behavior. Absolutely, and we all know it's true.

00:28:42 Ama-Robin

If a person's friends or colleagues have different values or priorities, they may inadvertently encourage behaviors that are inconsistent with our core values. Has this ever happened to you with your friends or colleagues or peers?

00:28:58 Ama-Robin

And actually, I know it's happened to everyone. It has happened to everyone.

00:29:02 Ama-Robin

It's something to be aware of. Well, here's a surprising one.

00:29:08 Ama-Robin

Lack of time management. Yes, that's right.

00:29:12 Ama-Robin

Poor time management and over commitment can lead us, leave us with little time and energy to focus on living in consistently to living consistently with our values. And we've all felt overwhelmed by the daily demands sometimes.

00:29:31 Ama-Robin

And then you start cutting corners and making excuses and making adjustments and all of a sudden you know we are looking back and seeing that our core we're here and our core values are way over there. It happens.

00:29:43 Ama-Robin

Time management is extremely important. You need the time to live authentically in the final one.

00:29:52 Ama-Robin

It's kind of consistent with when we talked about before, lack of support. You know, a limited support from friends or family or the communities that share our values can make it challenging to maintain consistency.

00:30:07 Ama-Robin

A lack of a supporting environment, supportive environment can create feelings of isolation and discouragement. And you know, I always return to the importance of having a supportive community and connecting with other people who share our values and who support us.

00:30:25 Ama-Robin

It does make a difference, so don't underestimate that. Take the time to find your mastermind you know and or your fam and your community and just the people that you want to have close to you.

00:30:36 Ama-Robin

And so to overcome these distractions and obstacles and live more consistently with our values, we all need to consistently and regularly engage in self reflection, assertiveness, boundary setting. Yeah, see that one?

00:30:54 Ama-Robin

Because that's a big one for me. And seeking support from like minded people or professionals.

00:31:01 Ama-Robin

It often involves making conscious choices and navigating challenges to align our actions with our beliefs and our priorities. It's funny that seems like that should be just the most natural thing in the world.

00:31:16 Ama-Robin

In a way it is. But there's so many other things that can get in the way, We just have to be aware of them.

00:31:24 Ama-Robin

Everyone has their own special challenges when it comes to identifying and living by their core

values. And so how do you know if you are living by your values?

00:31:36 Ama-Robin

And that's a great question, and it's a very important one. And again, no criticism or judgment.

00:31:42 Ama-Robin

And knowing whether or not you're living by your values requires self-awareness and the introspection and the self reflection I keep talking about. But here are some signs.

00:31:52 Ama-Robin

Here are some red flags, let's call them, to indicate that you might not be living in alignment with your core values. You know, it kind of an inner discontent.

00:32:02 Ama-Robin

If you begin to feel a sense of dissatisfaction or unease with your life, You know, despite external success, that could be a sign. And this inner discontent often arises when your actions and choices are not in harmony with your true beliefs 2 conflict or inner turmoil is very similar to the first one.

00:32:28 Ama-Robin

You can experience inner conflict or turmoil when making decisions or facing certain situations, and this conflict arises when your values clash with the choices you're making. And sometimes you have that feeling that you are not being authentic.

00:32:46 Ama-Robin

You sense a lack of authenticity in your interactions and your relationships, and you may find yourself acting in ways that just don't feel genuine or true to yourself. You know what?

00:32:57 Ama-Robin

You got to go with that inner feeling. Like I said, you don't got to beat yourself up.

00:33:01 Ama-Robin

You got to listen to it and make adjustments. Here's one repeated patterns of behavior.

00:33:10 Ama-Robin

You know. If you start noticing certain recurring patterns of behavior or decisions that don't align with your core values, you may be off track despite your best intentions.

00:33:24 Ama-Robin

You might find yourself falling into habits or routines that go against what you believe in. We are creatures of habit.

00:33:31 Ama-Robin

And so if we if you're not paying attention, you can start acting in the ways that you were before you identified your core values. Oh, here's one good one, Disconnection from purpose.

00:33:46 Ama-Robin

If you feel disconnected from your sense sense of purpose or your meaning in life, and I know

that's when you have to listen to that still small voice in you that just keep may whisper that you're you're drifting off course, you know that you're kind of losing your purpose. You may be lacking clarity about what truly matters to you and struggle to find fulfillment or satisfaction in your activities.

00:34:17 Ama-Robin

OK, then there's this one, the stress in burnout that's usually a little bit more visible. You experience heightened levels of stress or anxiety or burnout, living in ways that are inconsistent with your core values.

00:34:31 Ama-Robin

They take a tough that takes a toll on your mental and emotional health and well-being, which can lead to overwhelm or exhaustion or stress and burnout. Well, and then the final one, final one on my list.

00:34:47 Ama-Robin

There are others. I I was, you know, thinking of a lot of different things that I've experienced and this the list I came up with.

00:34:53 Ama-Robin

There are others, but here's the final one on my list, having a sense of regret. You experience feelings of regret or guilt, even guilt, about past choices or decisions.

00:35:06 Ama-Robin

And looking back, you may realize that you're compromising, that you were compromising your values. You ignored your intuition.

00:35:14 Ama-Robin

And this can lead to that sense of regret or remorse, or really even disappointment. And that's a bad place to be.

00:35:22 Ama-Robin

But we're not judging ourselves, you see? See it.

00:35:25 Ama-Robin

And you learn from it. And you adjust and you click going forward.

00:35:30 Ama-Robin

So by paying attention to these signs and reflecting on the on your thoughts and feelings and behaviors, you can gain this insight into whether you're living consistently with your core values. If you can find yourself out of alignment, OK, that could happen.

00:35:49 Ama-Robin

It does happen. It is never too late to make changes and realign your actions with what truly matters to you.

00:35:56 Ama-Robin

And remember, you can always start over. You can start again.

00:36:01 Ama-Robin

Take that first steps as many times as you need to. Because remember that living with your core values is an ongoing journey, a commitment to authenticity, integrity, and self discovery.

00:36:16 Ama-Robin

And it's honoring your truth and living your authenticity. Wow.

00:36:23 Ama-Robin

Wow. Wow.

00:36:25 Ama-Robin

I mean, I like ending, ending on that high. Note, this segment.

00:36:29 Ama-Robin

Because yeah, you can start again. You can always start over.

00:36:32 Ama-Robin

No judgments, no criticisms. You can take that first step 1000 times.

00:36:39 Ama-Robin

OK. Because as long as you're going forward, you are evolving and growing.

00:36:46 Ama-Robin

We are going to take one last breather break here, then we're going to wind it down. We we are very near the conclusion And you know, I know your energy or your focus might be low now and that's why we're going to take a relaxing and calming breather break now and then we're going to tie it all together and I got some information that I think you're going to want to hear.

00:37:15 Ama-Robin

OK, I know that y'all are ready for this aquaba and welcome back. I'm so glad that you are still here because this brings me to our second major question.

00:37:58 Ama-Robin

You've probably forgotten what it is by now. It's been a while.

00:38:01 Ama-Robin

I'm going to ask you, what do core values have to do with racism and black empowerment and liberation? Great question, and I know you've been waiting to hear the answer, and I know that y'all want to know this answer, but I'm going to turn it over to our great ancestor Toni Morrison to give us her wisdom on this question.

00:38:26 Ama-Robin

And here she is. This is a quote from a speech from Toni Morrison.

00:38:31 Ama-Robin

The function, the very serious function of racism is distraction. It keeps you from doing your work.

00:38:41 Ama-Robin

It keeps you explaining over and over again your reason for being. Somebody says you have no language and you spend 20 years proving that you do.

00:38:52 Ama-Robin

Somebody says your head isn't shaped properly, so you have scientists working hard on the fact that it is. Somebody says you have no art, so you dredge that up.

00:39:04 Ama-Robin

Somebody says you have no kingdoms, so you dredge that up too. None of this is necessary.

00:39:10 Ama-Robin

There will always be one more thing. Well, Toni Morrison nails it here and we are going to pick up right here in the next podcast show.

00:39:25 Ama-Robin

Racism is a major obstacle to living by one score. Values, but also core values can empower us to fight the effects of racism and to empower us and to take us towards liberation.

00:39:45 Ama-Robin

We got to have it. And Oh yes, we have a lot to talk about.

00:39:50 Ama-Robin

This discussion is so important that the reality of racism, black empowerment and core values is our topic for the next podcast show. Yes, it does deserve its own episode.

00:40:05 Ama-Robin

But don't worry, I won't leave you hanging. We're going to talk about racism, we're going to talk about black empowerment, and we're going to talk about liberation, all in the context of core values.

00:40:18 Ama-Robin

You see, core values is not a white thing. They may claim it for themselves, but it is not theirs.

00:40:26 Ama-Robin

It's an everybody thing, but it's different for black folks. It always is, isn't it?

00:40:35 Ama-Robin

And that's how we're going to focus on it next week. So stay tuned and don't leave me hanging and I won't leave you.

00:40:43 Ama-Robin

So let us wrap up today's episode that introduced the fundamentals of core values. I have lots of extra information to share with you.

00:40:54 Ama-Robin

I think I kind of said that a little bit earlier on. You can find a list of core values on the website at

www.espressotalktoday.com.

00:41:05 Ama-Robin

The list that I presented here on the show is a short list. I also have a longer and more comprehensive list that I think that has like 192 core values.

00:41:19 Ama-Robin

I also have a few exercises that can help you to start identifying your core values and a short quiz to see if you are living consistently with your core values. Yeah, there's a lot of great information and I hope that you will use it.

00:41:37 Ama-Robin

You can also contact me directly to ask questions or to make comments, and you can contact me on the website. Remember, it is www.espressotalktoday.com Asante sana for being a part of the Espresso Talk Today community.

00:41:57 Ama-Robin

I look forward to continuing these uncommon conversations with you as we strive for empowerment and liberation for all oppressed people. Not just for some, but for everyone.

00:42:12 Ama-Robin

And so remember, my dear fellow warriors, know this. Deep in your soul you are powerful beyond measure.

00:42:21 Ama-Robin

Together, though, together, we are invincible. And the problem, the real problem in society is white supremacy and racism.

00:42:34 Ama-Robin

You are not the problem. Asante Sana to all people who are working to empower and uplift all the oppressed people of the world.

00:42:45 Ama-Robin

And Asante Sana, thank you to you for being in the building and showing the courage to talk about these issues. If you want to keep discussing or reading about these issues, then you should definitely subscribe to my weekly black empowerment newsletter, The Normal Beat.

00:43:07 Ama-Robin

We discuss lots of different issues here. You can get your dose of black empowerment every single week.

00:43:15 Ama-Robin

Never a dull moment, but lots of powerful, uplifting and liberating moments. You can subscribe at the Espresso Talk Today website, at espressotalktoday.com or on Instagram at AMA_Robin_the Letter L You can also find us on Facebook in our newly opened Espresso Talk Today Black Liberation Lounge.

00:43:45 Ama-Robin

This group. This place is a safe space for us to hold discussions, to share thoughts and ideas, feel joy, express sadness, or to just be.

00:44:00 Ama-Robin

Join us on Instagram to discuss these issues, share our thoughts and find an uplifting and safe space where you are valued and heard. Find us on Instagram again at Amma_Robin_the Letter L I'm Amma Robin for Espresso Talk today and remember now more than ever, strength, soul and reparations Ashe community.