



*“The clarity that comes with knowing **why** we make the decision that we do, has allowed us to live with more ease and confidence. Value-Based Decision Making is that tool that actually lets us enjoy the life we work so hard to create because we’re finally living it for ourselves.”*

– Ming-Wai + Ming-Cee

VALUE-BASED DECISION MAKING (VBDM)

When we are feeling overwhelmed, lost and confused, what we’re looking for is a place to start. A way to find refuge from all the noise that fuels our anxiety and perpetuates our second-guessing. When we feel imbalanced but don’t know why, Value-Based Decision Making (VBDM) is where we start. It allows us to know we’re moving in the right direction, despite the world spinning around us.

VBDM is the tool we grab when we need to come back to ourselves, validate our decisions, and move forward with confidence. This is the tool that creates space when there’s nothing more to give. This is the tool that keeps us focused when we know comparison has taken over. This is also the tool that stops the spiraling, the incessant internal lecturing, the “what-ifs”, the “should-ofs” and the “could-bes”.

If any of this resonates, then this is the tool for you and this is HOW it works:

Before you begin, here’s what you’ll need for this exercise:

1. Accepting that all things that are worth doing take time. This exercise is no exception
2. Quiet space to focus for about 60 minutes
3. Your phone or computer to listen to a 25 minute podcast
4. Journal or a few pieces of paper
5. Pen or pencil

All right, let’s begin!

1. **Listen:** To explain WHY value-based decision making works and to get an overview of the process, invest 25 minutes to [listen to this podcast](#) before you start.
2. **Brainstorm:** Take out your journal and pen and start listing all of your core values. There will be duplicates or words that mean the same thing but don’t worry, just keep writing everything down (It won’t be graded and we’ll be addressing that later).
3. **Categorize:** Take a few minutes, put your values into larger category umbrellas. Use categories that make sense to you. When you're done, these are your core values.

4. **Define your values:** Pick your top 3 core values and answer the following questions (The more detail you put in these answers the better—so take your time):
 - a. Explain **why** this is one of your top values and **why** it's important to you.
 - b. How specifically do you honor this value in your daily life? *Highlight tangible examples of you living in alignment with this core value.*
 - c. How specifically have you worked against this value in your day to day life? *This will highlight times where you act out of alignment with this core value. (note: this part of the exercise is not meant for you to feel bad or embarrassed about your behavior. It's a time of reflection and to be honest with where in your life you are not acting in accordance with your values. Psst... it's okay... we all do it)*
5. **Reflect:** Keep this list handy for the next several days. Reflect on what you've written, add something that you forgot, or adjust words or priorities. It's not unusual to forget to write down a core value during the first go-around because it's so obvious (it's funny how our mind works that way, huh?) When faced with a decision that leads to confusion or difficult emotions, come back to what you've written down and see if it helps to clarify your decision making.
6. **Consider:** Make sure to keep in mind that we are complex and complicated creatures. It's not uncommon to have core values compete with each other when making decisions. That's when we can feel overwhelmed, confused or out of sorts. However the objective of this exercise is to find deeper understanding as to why we decide to make the decisions that we do. If we can understand our decisions better it allows us to validate our needs and move on with confidence.
7. **Community:** You're not meant to do this alone. These are big shifts we are working through – ones that allow us to understand our patterns and the ability to choose differently. We can help walk you through VBDM during our monthly LIVE coaching sessions. Let us help you apply VBDM to your real life challenges. **Join us the 3rd Tuesday of each month (starting January 2024) 8PM ET | 5 PM PT.** Reserve your spot for our FREE coaching sessions [HERE](#) (limited seating for quality control).

And that's VBDM!

With love,



Ming-Wai + Ming-Cee
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