

# The Four V's: Values, Virtues, Views, Vision

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Much of our experience of Life, is related to and the result of what we might describe as our 'Four V's', our Values, Virtues, Views and Vision.

Our experience of life in terms of our interests and aspirations; career choice and professional performance; our relationships both intimate, familial, social and professional; our physical / psychological health and well-being; and many more things, all relate to our particular 'Four V's'. For this reason, it becomes important even imperative to look-into, understand, explore and even develop our 'Four V's'.

The 'Four V's' are an expression of our 'being' – who and what we are, that then motivate and informs our 'doing'; the choices that we make, our activities and actions, the course of our Life.

Ideally our 'doing' is in direct relationship to our 'being'; this creates alignment, engaging from what is fundamentally important for us; acting from our 'core' or 'truth'. The result of this is a sense of ease and well-being; a sense of feeling right in our life and self and what we can call 'Flow'.

When we are not living, acting and engaging from our 'Four V's', in our life or aspects of our life whether it is at work – professionally, in relationships – intimate, familial, collegial or social; the result is degrees of stress, distress, disappointment, dysfunction and despair.

Issues of motivation and performance in our professional life may relate to not working from our 'Four V's'. This may be remedied by a modification of our role within the work that we do or even with the need to find different work that aligns to our 'Four V's'.

In Intimate Relationships, issues can occur creating relationship stress when the couple has a lack of alignment or compatibility with regards to their 'Four V's'.

Certainly in our Life as a whole, there may be a sense of unease, lack of motivation, manifesting even as degrees of Anxiety, Depression, Self-Esteem Issues and related comorbid issues; all as a result of not living from or even knowing one self ie. 'Four V's'.

Given the fundamental uncertainty of life, with ongoing choices and challenges we need to find optimum function and fulfilment by engaging and operating from our 'Four V's'.

Further to this, if we appreciate that our life is fundamentally Time and Energy, that these two things are ultimately our most precious assets and that everything is just energy manifesting through time; it becomes imperative to not waste our precious Time or Energy.

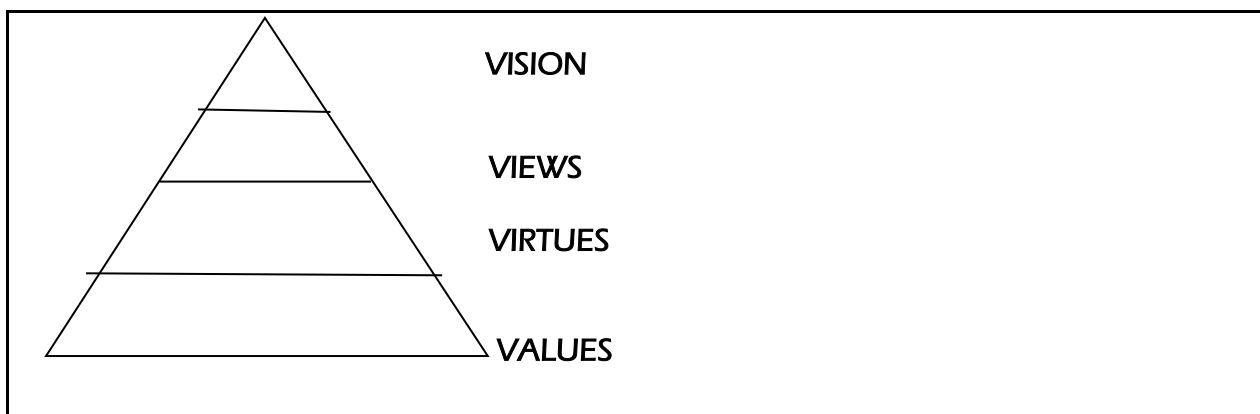
Within what is appropriate – ethical, moral, wholesome and based upon what is possible ideally we can find, function and fulfill our life, living from our 'Four V's'.

Our 'Four V's' as in our Values, Virtues, Views and Vision; are to a great degree a result of our fundamental conditioning. Much of this conditioning is a result of our upbringing – the place (Country, State, City, Area) the time (period -1950's, 60's, 70's 80's, 90's, 2000' etc)', Education and other ongoing influences. In many ways all of this may even relate back to the 'Four V's' of our parents and those of their parents – back several generations.

Certainly, aspects of the 'Four V's' are more fluid and flexible based on further ongoing experiences and condition, but at the level of the fundamental or first of the 'Four V's' – Values, these may be quite static and set.

In understanding what the 'Four V's' are, we can appreciate that these relate to or are expressed as or are an expression of the combination of our: IQ – Intelligence Quotient, EQ – Emotional Quotient, SQ – Social Quotient, SPQ – Spiritual Quotient.

The 'Four V's' are a 'bottom up' display of our being with a progression development and expression. This is based in our Fundamental – Core Values which flow on up into the Virtues – Qualities, Character Traits, Skills and Strengths that we have. These determine our Views – Ideas and Opinions, Perspectives and Appreciations about things. At the highest level all this informs, directs and determines our Vision – Aspiration, Intentions, Motivation and Mission in Life.



**The 'Four V's' – Values, Virtues, Views, Vision (Barter 2000)**

It must be appreciated that while the 'Four V's' fundamentally relates to our personal disposition, it can also relate to and become appreciated as aspects of things beyond our self. A particular relationship can have its own 'Four V's' as a combination of the people in the relationship. An organisation, company, business or collective can have a particular set of 'Four V's' as a result of the combined dynamic of the individuals within it.

As the particular entity or organisation relates to other entities or organisations, the functioning outcome will result on the degree of compatibility and alignment the 'Four V's' of the interacting entities.

For the reasons appreciated above it becomes important for ongoing healthy functioning and fulfillment that we understand, explore, develop and engage from our 'Four V's'.

## **Realising Our 'Four V's' – Values, Virtues, Views, Vision**

### **VALUES:**

Our Values are the fundamental core elements of our psychological disposition. They relate to things that we feel are integral to who we are and even why we are. They have aspects of morality and ethics, things that we value and orientate our life from. They are Principles or Standards of Behaviour. Values are Core Beliefs that inform our identity, attitudes and actions. These are the collection and result of our fundamental conditioning from early childhood.

[https://en.wikipedia.org/wiki/Value\\_\(ethics\)](https://en.wikipedia.org/wiki/Value_(ethics))

<https://www.ethicssage.com/2018/08/what-are-values.html>

### **What are my Values?**

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- 2.
- 3.
- 4.
- 5.
- 6.

### **VIRTUES:**

Our Virtues are healthy, wholesome Qualities, Character Traits or Strengths, that may be developed as Skills that we use both personally and professionally. Our Virtues will be informed by our Values. When a friend describes us, they will talk more of our Virtues than what our Values are. In an interview for a job we may talk about our self by way of our Virtues than our Values as we are likely to be more aware of these.

<https://en.wikipedia.org/wiki/Virtue>

### **What are my Virtues?**

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## **VIEWS:**

Our Views, View-Point / Point of View; are the particular Attitudes, Positions, Perspectives, Appreciations or Opinions that we have developed based upon our Values and Virtues. Our Values are often hidden, our Virtues displayed by our actions and our Views are more overtly voiced. Sometimes we may only express our View when someone expresses a contrasting View that challenges or compromises how we see things. We are more likely to be challenged on our Views than our Virtues. Our personal Views will inform more directly the decisions that we make and how we engage with others.

<https://www.collinsdictionary.com/dictionary/english/view>

### **What are my Views?**

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## **VISION:**

Our Vision is the result of our fundamental Values; our developed Virtues and our particular Views on things. These 'Three V's' find expression and fulfillment in the 'Fourth V' – our Vision. Here our Vision is our Goal or Aspiration which becomes the Meaning of what we do giving us Purpose and Meaning to fulfill and actualise this Vision as a future focus. We may have several Visions (Professional, Relationship, Family, Social, Leisure) that culminate or are sub Visions of our Life Vision. Our Vision may be expressed as a Vision Statement.

[https://en.wikipedia.org/wiki/Vision\\_statement](https://en.wikipedia.org/wiki/Vision_statement)

### **What is my Vision?**

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- 2.
- 3.
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- 5.
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