

Discover Your Energy Values Worksheet

“The most fundamental of journeys does not begin in ambiguity. It begins in clarity. And it begins with the acknowledgement that the most beautiful, the most incredible resides within you.” Prem Rawat

Your daily practice, the things you will spend the most time on and feel most fulfilled by are usually dictated from your spirit.

The reason most people are so confused and feeling down about life is because they have never identified their values. Once you know what your top values are, you can make sure to include them into your daily routine.

The one pattern I see repeatedly with disconnected people when I do readings is they have set aside their values to satisfy some outlandish beliefs.

Remember what happens if you live in a world of beliefs... they will own you. You will have to set aside values or anything of importance to you in order to fulfill the belief. What are you telling yourself over and over again when you do this?

I don't love myself...

You were blessed with a spirit for a reason, and if you totally disregard it, your spirit will let you know by signaling you.

The only way to begin to get to know your spirit is to wake up to the signals and take a moment to LISTEN to them.

Generally, there are a few core values that you need to honor in order to feel at peace within your spirit. These values are things that you need to make time for, do more of, and do as a “practice.”

A practice is something that you do repeatedly that has an underlying benefit. When you do it enough, you will feel the positive effects throughout your mind, body, and soul. This is how you show your spirit love, by taking care of it, nurturing it.

The interesting thing about doing practices by honoring our values is that we never really know where these practices are leading us along on our journey. We feel drawn to certain values for a reason and this draw is what creates the momentum that pulls us forward on our journey.

SO TAPPING INTO THE VALUES IS THE FUEL THAT MOVES US FORWARD ON OUR PATH!

This is really key to you understanding what it is that is going to motivate you each and every day. What is it that makes you wake up every morning and make you want to do what you are doing? What is it that makes you feel alive, inspired, and ready to go?

It’s time to tap into the parts of you that have been neglected, set aside, unused, and hidden.

How do you do this?

You start by defining your top values...

In the following section, tap into your spirit and let it speak to you. Write quickly, and write the first things that come to mind, without judging the answers:

Top 5 “I am happy and most at peace when...”

Instructions: write quickly, write the first things that come to mind, don't judge the answers

I am happy when _____

I am happy when _____

I am happy when _____

I am happy when _____

I am happy when _____

Top things:

Top 5 Things that make me happy are _____

My favorite things to do are _____

Activities that make me lose track of time are _____

Things that make me feel great about myself are _____

People who inspire me are _____

The qualities I admire about them are _____

I am naturally good at _____

If I died today, I would regret not having/doing/being _____

Challenges and difficulties I have overcome are _____

If I wasn't afraid I would _____

Using this list of qualities, answer the questions that follow

Values list:

Abundance	Delight	Imagination	Productivity
Accepting	Democracy	Impact	Prosperity
Accomplishment	Devotion	Independence	Purity
Acknowledgement	Direct	Influencing Others	Receptive
Advancement	Discipline	Inner Harmony	Recognition
Adventure	Drive	Inner Peace	Relaxation
Affection	Education	Innocence	Reliability
Affluence	Effectiveness	Innovation	Reputation
Ambition	Efficient	Inspiration	Resilient
Analytical	Elegance	Inspiring	Resourcefulness
Appreciation	Empowerment	Integrity	Respect
Arts	Encouraging	Intellectual	Responsible
Attractiveness	Endurance	Intelligence	Richness
Authority	Energetic	Intensity	Sacredness
Awareness	Engaged	Intentional	Satisfaction
Balance	Enjoyment	Interesting	Satisfied
Beauty	Enlightenment	Intimacy	Security
Believe	Enthusiastic	Intuition	Self Improvement
Belonging	Environment	Intuitiveness	Self-Reliance
Bliss	Excellence	Joy	Self-Respect
Boldness	Excitement	Kind	Selflessness
Bravery	Expressive	Knowledge	Serenity
Brilliance	Faith	Laughter	Service
Calm	Faithful	Leadership	Sexuality
Capable	Fame	Learning	Silence
Centered	Family	Love	Silly
Certainty	Fearlessness	Loyalty	Simplicity
Challenge	Financial Independence	Making a Difference	Sincerity
Change	Fitness	Meaningful Work	Solitude
Charity	Flexible	Mindfulness	Spiritual
Charming	Focus	Money	Spontaneity
Children	Forgiveness	Motivation	Stability
Clarity	Freedom	Nature	Status
Cleanliness	Friendship	Nurturing	Stillness
Clear	Frugal	Open	Structure
Clear-Minded	Fulfilled	Openness	Success
Closeness	Fun	Optimism	Supportive
Comfort	Funny	Order	Synergy
Commitment	Generosity	Organization	Teaching
Community	Giving	Passionate	Team
Compassion	Grace	Patient	Thankfulness
Compliments	Gratitude	Peace	Time Freedom
Concentration	Growth	Perfection	Tranquility
Confidence	Happy	Performance	Transcendence
Connection	Hard Work	Perseverance	Trust
Consciousness	Harmony	Persistence	Understanding
Contentment	Having a Family	Personal Growth	Uniqueness
Contribution	Health	Persuasiveness	Variety
Control	Healthy	Physical Strength	Vision
Courage	Helping Others	Play	Vitality
Creativity	Honesty	Playfulness	Winning
Credibility	Honor	Pleasure	Wisdom
Curiosity	Hope	Power	Wittiness
Decisiveness	Hopeful	Present	Wonder
Dedication	Humor	Privacy	Youthfulness

Qualities that are truly important to me are _____

Qualities I value most in life are _____

Qualities I value in other people are _____

In an ideal life, qualities I would like to have are _____

It makes me happy to see others experiencing _____

If I could give the people I love any quality in the world, it would be a life of _____

My 5 top values from the list are _____

These are your essential qualities. These words show up in your life consistently, both in your work and your hobbies. As you learn to adapt to and accept these qualities, you will become more aligned with your true self. You will feel more connected to what you do and who you are will shine!

Check In Meditation

Your Top Value

This meditation is very simple. Take a moment to look at your life as a journey. Picture yourself walking towards a treasure box. Inside the treasure box is your ONE TOP VALUE. From the list of the five values above, there should be ONE that stands out amongst the rest. What is it? List it here:

Results of Meditation

The reason for this meditation is to help you access the top value that will consistently be pulling you along on your path through life.

In order for your spirit to be satisfied, you will absolutely need to include experiences, people and practices that relate to this core value. As you add these things into your journey you will begin to feel your treasure. The truth of the matter is, the treasure becomes yours in every moment that you CHOOSE to include this value in your daily life.

Your job is to DISCOVER the things that you want to participate in or create along the way that directly relate to your core value.

For example, let's say that "FAITH" comes up as your key value word.

See the word "FAITH" as your TREASURE.

As you are walking on your journey, what are the things that you will encounter along the way to get "FAITH?"

You might need to go through a few experiences... Perhaps your soul has agreed to help you get “there,” so you feel compelled to venture through those experiences. Maybe there are people you need to meet: faith based people, religious figures, gurus, people who live faith through and through. Perhaps you will visit places of faith: monasteries, temples, congregations, etc... The point is to no longer deny yourself of having “FAITH” in your life and instead find a way to include more of it into your day, week, month, year. You will also want to learn what a person of FAITH does daily, maybe pray, maybe mediate, practice rituals, etc.

This holds true for anything that came up as your number one VALUE, whether it be family, a sport, an idea such as love, etc...

Here are some questions to help you create a more spirit driven life:

What things does a person with my number one value do daily?

Where do they live, what do they dress in, what do they look like, who do they hang around?

What goals would this person have, would they travel to a certain place, would they practice something daily, weekly, monthly?

What one small step (commitment) can you take to start moving closer towards your value?

Awaken to the treasures that are inside of you. Tap into your spirit. Your spirit is your guide!

Thank you for taking the time to assess your values and many blessings to you on your journey!

This Values Worksheet is an excerpt from the book *Discover Your Spirit Within*. Please email DiscoverYourEnergy@yahoo.com for more information about this book. It is personally handed out by Amanda Gatlin during sessions. You may visit www.DiscoverYourEnergy.com/Adventures.html for more information.