



Sacred Depths Certification

Values Worksheet

“When people don’t get what they want from life, usually it’s because they don’t know what they want” -Keith Ellis

As we discussed in our Connecting to your Inner Wisdom training call, a vital key to success is being able to know and define what you want. So often, we are so entrenched in all of our “shoulds” and “have tos” that we don’t even notice we are operating from those places, instead of from our desires, our wants, and our inner wisdom. The first step in getting clear on what you want is getting clear on the “shoulds” and “tos” (which we began on our call together) so that we can release them and create new standards and visions based in our inner wanting and knowing.

This values worksheet will take you through the next step; it will assist you in tapping into your deeper wisdom **to get more clear on what you want.**

Part I – Work/Career/Creative Projects Values

Rate each work/creativity value using the following scale:

1 = very important to have in my work

2 = somewhat important to have in my work

3 = unimportant to have in my work.

A. Work/Creative conditions:

___ Independence/ Autonomy	Doing what you want to do without much direction from others.
___ Time flexibility	Arranging your own hours, working according to your own time schedule.
___ Change/Variety	Performing varying tasks in a number of different settings.
___ Change/Risk	Performing new tasks or leading new programs that challenge the established order and may be initially resisted.
___ Stability/Security	Working in a secure job that pays you reasonably well.
___ Physical challenge	Performing dangerous tasks that challenge your physical capabilities.
___ Physical demands	Performing physically strenuous but relatively safe activities.
___ Mental challenge	Performing demanding tasks that challenge your intelligence and creativity.
___ Pressure	Performing in a highly critical environment with constant deadlines.
___ Precise work	Performing prescribed tasks that leave little room for error.
___ Decision making	Making choices about what to do and how to do it.

****Now: Star those items above that are currently big parts of your work that you DON'T want anymore.**

A. Individuals work/create for the following purposes:

___ To pursue truth/knowledge.	<p><i>If this is a "1", please list which truths and what knowledge specifically you want to pursue, listed in order of importance:</i></p> <p><i>To honor and accept all parts of ourselves</i></p> <p><i>Find personal truth</i></p>
___ To acquire expertise/authority.	<p><i>If this is a "1", please list what expertise specifically you want to acquire, listed in order of importance:</i></p> <p><i>Expertise in helping women release limiting beliefs</i></p> <p><i>Overcoming perfectionism, releasing into compassion/forgiveness</i></p> <p><i>Yoga, nlp,</i></p>
___ To foster aesthetic appreciation.	
___ To use creativity/innovativeness.	
___ To make social contributions.	<p><i>If this is a "1", please list which social issues/areas specifically you want to contribute to, listed in order of importance:</i></p>
___ To acquire material gain.	
___ To seek recognition.	
___ To promote ethics/integrity.	<p><i>If this is a "1", please list which areas of ethics/integrity specifically you want to promote, listed in order of importance:</i></p>
___ To seek spiritual/transpersonal gain.	

A. Relationships at work/creative environment may involve the following:

___ Working alone - doing assignments by yourself, with minimal contact with other people.

___ Public contact - interacting in predictable ways with a continuous flow of people.

___ Face to face contact

___ Phone or skype contact

___ Email contact

___ Developing close friendships with coworkers.

___ Group membership - belonging to a group with a common purpose and/or interest.

___ Helping others

___ Influencing others

___ Supervising others

___ Controlling others

___ Collaborating with others

List below your 3 or 4 most important values in each of the 3 categories above, in order of importance:

Work Conditions:	Work Purposes:	Work Relationships:
<ul style="list-style-type: none">• Time Flexibility• Change/ Variety• Mental Challenge• Decision Making	<ul style="list-style-type: none">• to seek spiritual /transpersonal growth• to pursue truth/knowledge• use creativity/innovativeness• aquire expertise	<ul style="list-style-type: none">• Collaborating with others• Public Contact (face, phone)• Helping Others• Group Membership

Use what you've discovered on this worksheet to explore the following: how do you want to move forward with your Soul-Centered Project?

Make any notes here:

Part II- Personal Values and Needs

Whether you realize it or not, every time you make a choice about doing one thing as opposed to another, you make a **value decision**. When you have a decision that involves two or more conflicting values that are of major importance to you, the decision can be extremely difficult to make (e.g., career values may conflict with family and friendship values). You can, however, make these decisions more effectively if you have some idea of what your most important values are and the priority that you give to each. By doing so, you make decisions that are more heart-centered and based on your inner wisdom.

The following exercise will help you to explore what personal values are, which personal values are important to you, and what priorities you give to them. In reality, your values are expressed through your actions. If you can bring your actions more into harmony with your values, you will feel more in control of your life, more aligned with your path and more satisfied with the decisions you make.

A list of personal values is provided below. Using the following scale, rank each value according to its importance to you. Place the number that corresponds to your rating in the appropriate space to the left of each personal value:

1 = very important

2 = somewhat important

3 = not important

___ Good Health	___ Many close friendships	___ Enjoyment of arts, entertainment, and cultural activities
___ A large family	___ Family	___ A good physical appearance
___ A fulfilling career	___ A stable marriage	___ A life with many changes
___ A financially comfortable life	___ Independence	___ To make a major discovery that would save lives
___ Creativity	___ Participating in an organized religion	___ Opportunity to establish roots in one place
___ To help others solve problems <i>If this is a "1", what types of problems?: balance, fears, beliefs, decisions</i>		___ To live according to strong moral values <i>If this is a "1", what values specifically?</i>
___ Freedom to create my own lifestyle	___ Owning a house	___ An exciting life
___ A happy love relationship	___ Fulfilling careers for me and my spouse	

___ Contributing to my community	___ Abundance of leisure time	___ To make lots of money
___ Ability to move from place to place	___ A stable life	___ Having children
___ A life without stress	___ Strong religious values	___ To be remembered for my accomplishments
___ A chance to make social changes <i>If this is a "1", what areas of social change?:</i>	___ Opportunity to teach others <i>If this is a "1", what might you want to teach? Whom would you like to teach?:</i>	___ Opportunity for physical activities <i>If this is a "1", which physical activities?:</i>
___ Helping those in distress	___ Opportunity to be a leader	___ A life with many challenges
___ Time to myself	___ A chance to become famous	___ Freedom to live where I wish
___ A chance to get into politics	___ A variety of interests and activities <i>If this is a "1", what types of activities and interests?:</i>	___ To write something memorable <i>overcoming perfection, reclaiming your essence</i>

Are there any other personal values or needs that you would like to note?

List 6 of your most important personal values and needs:

Now, please rate those 6 values and needs in order of importance (I know this is a tough question!):

Based on the work and life values you uncovered, what ideas are sparked in terms of your Soul-Centered projects?

How do you think your most important personal values will affect and inform your Soul-Centered Projects and life's work choice?

Adapted for use from *Training for Life: A Practical Guide to Career and Life Planning*, Fifth Edition (1994), authors, Bernadette M. Black and Fred J. Hecklinger.

The following are journaling questions that are designed to help you tap into your Inner Wisdom and get even more clear on what you want, without the “shoulds” or “have to”s. They are adapted from Keith Ellis's wonderful book, "The Magic Lamp: Goal Setting for People Who Hate Setting Goals". While there is no "correct" way to tap into your Inner Wisdom, here are some guidelines for the following exercise: These guidelines will support you in bypassing your “brain” and sinking to a deeper place inside of you that holds your truth and brilliance:

For each question, write or type **as fast as you can without stopping** for at least 5 minutes

- As you write, don't edit, judge, go back to correct anything. Simply write, and write fast (for these questions, I recommend handwriting to typing; the process of writing it by hand will help you bypass the mind).
- If you get stuck at a certain point and don't know what to write, just repeat the last word you wrote until the next words come.
- After you are finished with your 5 minutes, then go back, read what you've written and take note of what was new/surprising, what you already knew, what you are judging.

Question #1: Put aside any restrictions of money and time. What would I really want from life if I were absolutely, positively certain I would get it?

Question #2: Put aside any restrictions of money and time. What would I really want to accomplish in life if I were absolutely, positively certain I would do it?