



FINDING VALUE WORKSHEET

How valuable would you consider yourself?

- 1-2
(not that valuable)
- 3-4
(somewhat valuable)
- 5-6
(valuable)
- 7-8
(very valuable)
- 9-10
(extremely valuable)

Measuring your value based on external sources is a learned pattern. When we are born, we have all that we need inside of us. We are valuable from birth. Our value is an internal state of being, and nothing that we do, say, or acquire makes us more valuable than we already are. If you seek to find your value externally, your metrics will constantly change, and you will remain in motion in an effort to feel valued. Think of it as being on a hamster wheel and never getting off.

Our beliefs shape our values. We find value in different things every day, and how we measure the things that we value depends on what we believe about them. *It is easy to measure the value of an object by how much it cost. You can even measure how valuable something is by how much time it takes to acquire it. We all measure the things that we value differently. However, we all understand that in order for something to be valuable, it must be worth a lot.*

Based on your answer, why do you consider yourself this valuable?

Analyze your response above. What metrics are you using to measure your value? Are you seeking approval from external sources? Do rewards, validation, achievements, promotions, money, etc. influence how you value yourself? *List the metrics you use to determine your value below:*

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

If you would like to shift from finding your value externally and awaken to all that you already are, practice this short exercise as often as you need to: *State out loud:*

I have everything I need inside of me. I was born with all the love I will ever need. I am connected to an unlimited source of power. I am made from the same stuff as the stars. I am a miracle. I am worthy.

State out loud:

*I release the need for _____ to approve, love, value, and validate me. My value isn't determined by _____
I won't be valued more if _____.*

In order to shift from a state of doing to a state of being, I am going to take these 3 actions:

(These can be anything that settles you i.e. going for a walk, taking a bath, reading)

1. _____
2. _____
3. _____