

DEAR SOUL-SISTER,

Are you ready to get to know your beautiful self even more deeply?

The soul rediscovery process is so sacred and beautiful. It is also hard work, so great job making time for yourself!

It's super common for women to feel as though they have lost connection with themselves. I wrote this eBook because it's my passion to help women who are struggling to mask darkness from painful pasts heal their wounds, so they can move into the light of the peaceful and joy-filled life they so desperately want.

Hard relationships, people pleasing, trauma, and motherhood can all make us operate by focusing on what we 'should' do. This is based on what we think others want or need from us, or what we think we 'have to' do to survive.

That way of thinking and living ends here, Goddess!

It is absolutely possible to bring in more of what you want to do, no matter your circumstance. Doing so is what your soul needs and what will lead you to living a more happy, fulfilled, and conscious life.

You matter. Your happiness matters. Your joy matters. Your unique expression of you matters to this world very much. It's possible to find peace no matter how deep your wounds are. You deserve to, and absolutely must, learn to start choosing yourself over and over again.

With this self-study workbook and video, you will rediscover what you want and what's getting in the way of claiming it.

Are you ready for some serious ME time? Let's get started. Grab a warm cup of tea, go to your comfy spot, breathe, trust, and enjoy this journey.

Much love,

joanna
♥

PART I

YOUR SOUL AND YOUR VALUES

First things first. I want to explain to you, right off the bat, what values are and why they are so closely tied to getting to know yourself at a soul-level.

Your values define who you are at a soul-level. When you can identify and honor your values, you create more harmony within yourself and in your relationships with others. This is because when you are aware of and living in the essence of your values, you become capable of making choices in your life that are within integrity. This, then, sets standards and clearly communicates your authentic self to all your external relationships.

WHAT ARE VALUES?

Our internal values together with our emotions are like a roadmap we can use to get to our life's purpose. You were created for a reason - complex and wonderful and unique. If you have spent much of your life not considering your purpose, but rather thinking about making others happy, you have likely not contemplated or actualized your values. When we are not honoring our own values, we can feel disconnected with our own happiness, or resentful of others.

Values are deeply personal and unique to you. How do you figure out your values? You will know which values to stand for based on intuition. Intuition may feel like an internal pull in your belly, peaceful feeling in your chest or you may feel inspired and excited.

When you have finished this workbook, everything that is important to you, that makes you feel fulfilled and at peace with the world, can be wrapped into and categorized under those 4 or 5 value words that you will choose.

EXAMPLES OF VALUES

There is a list of potential values in this workbook (and there are also many others!). This list, along with some clarifying questions, will help you narrow it down to your five primary values.

This process will help you choose only the super important values that YOU decide are what you will live your life by. These values are there at a soul-level and are already your personal compass, which is **why you are triggered, if they are not honored**. We are just bringing them into your human consciousness through intuitive selection and writing them down.

For example, two of my personal values are **Authenticity** and **Freedom**, so:

If I am cranky, it is probably because I haven't honored my freedom value enough, and I need to create time to do that. (Go be by myself, do something my way, have fun on my terms etc.)

I feel out of integrity with myself (super icky inside) if I am not being authentic, and I struggle to be connected to others, if I feel they are not being authentic – so that's another big one for me, personally.

WHAT DO I DO WITH THESE VALUES ONCE I KNOW THEM?

When you know your values and why they are important to you, finding the words to speak up for yourself and create your own happiness becomes easier. Understanding what makes you happy and why you get triggered empowers you to set clear boundaries and manage relationships. Be sure to watch my Know Yourself on a Soul Level video for more on how to set boundaries.



Here are two examples of how I use the values of Freedom and Authenticity to set boundaries in my life:

Here, I am speaking up and making **freedom** happen for me when I need it:

"I'm going out for a few hours tomorrow, just me. What time works for you so you can watch the kids?"

This is me speaking my **authentic** truth, i.e. not doing things that I don't want to do, and, if needed, stepping back from people who try to manipulate me into feeling bad about that:

"yeah, that isn't going to work for me, I don't enjoy large crowds. You do though, so enjoy! We'll get together another time."

HOW DO YOU SELECT YOUR VALUES?

Again, values are deeply personal and unique to you. There is no right or wrong when we are selecting our values. Go down the list in the workbook table and choose from them or hit-up Google to get more ideas if you feel the ones provided aren't right for you.

Remember, trust your intuition. Don't over-think and trust what you already know about yourself.



Yes, that unease in your belly when you see a certain word, does mean something. It's how your soul uses your body to give you messages. It's easy to look to your brain for the answers and get confused when you first start this process. Your brain may not know these answers yet.

If you are having trouble, ask your Source, whatever you might call it (God, Angels, Universe etc.), to help you hear the messages that your soul is giving you clearly.

AREN'T ALL THESE VALUES IMPORTANT, OR THE 'RIGHT' WAY TO BE?

They are all virtuous and important to some degree, but some are simply not as important as others are to your inner peace. And that is the point here – to get to know your deepest values at a soul-level.

HOW LONG WILL THIS WORKBOOK TAKE TO COMPLETE?

As you continue through the workbook and answer the questions on each value, you will likely change your mind on some during the process, or some values will merge into others towards the end, all of which is very normal.

The questions are set up for you to get progressively clearer on why you want and need each primary value in your life. Done well, this takes a few weeks of mini sessions with yourself, with much self-reflection in between. There are 5 questions on each of your 5 values to answer and think about. The length of the process helps the understanding of self 'sink-in'.

If we are working together in personal Soul Sessions, I will be walking you through this process, and, of course, will be available for questions. We will be using how you find this process and the results as great material for our wound healing work and to learn what you really want to create in your life.

Either way, I applaud you once more on taking this beautiful step to honor yourself and your inner peace.

PART 2

DISCOVER YOUR VALUES

Let's get started! Without too much thought initially, using your 'gut instincts', circle 10 of the values that are most important to you from the below list, or add your own if they aren't all listed here.

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfilment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Wellbeing
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	ADD YOUR OWN:
Curiosity	Initiative	Responsibility	_____
Dignity	Integrity	Risk-taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

TOP TEN VALUES

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

Now from ten we are cutting down to FIVE. Take a break, if you want, and come back to this step. This is going to feel like you can't possibly pick only five! They will all feel important.

Remember, they are all admirable and important in some ways, but they are simply not all as important to your peace of mind. Ask your Source for help in connecting to you and listen for what comes up in your body sensations as you review the words. **Trust the process.**

1 _____

2 _____

3 _____

4 _____

5 _____

PART 3

GETTING TO KNOW YOUR VALUES

Now, we are going to determine what each value means to you and why. Use a separate journal to write what comes up for you until you can answer these next three questions about EACH value you circled (completed examples below):

QUESTION 1:

What, in your own words, does this value mean to YOU?

QUESTION 2:

Why do you want to honor this value?

QUESTION 3:

What will tangibly change in your life, when you honor this value even more than you do today?



EXAMPLE: MY AUTHENTICITY VALUE FROM PART 1

1) What, in your own words, does this value mean to YOU?

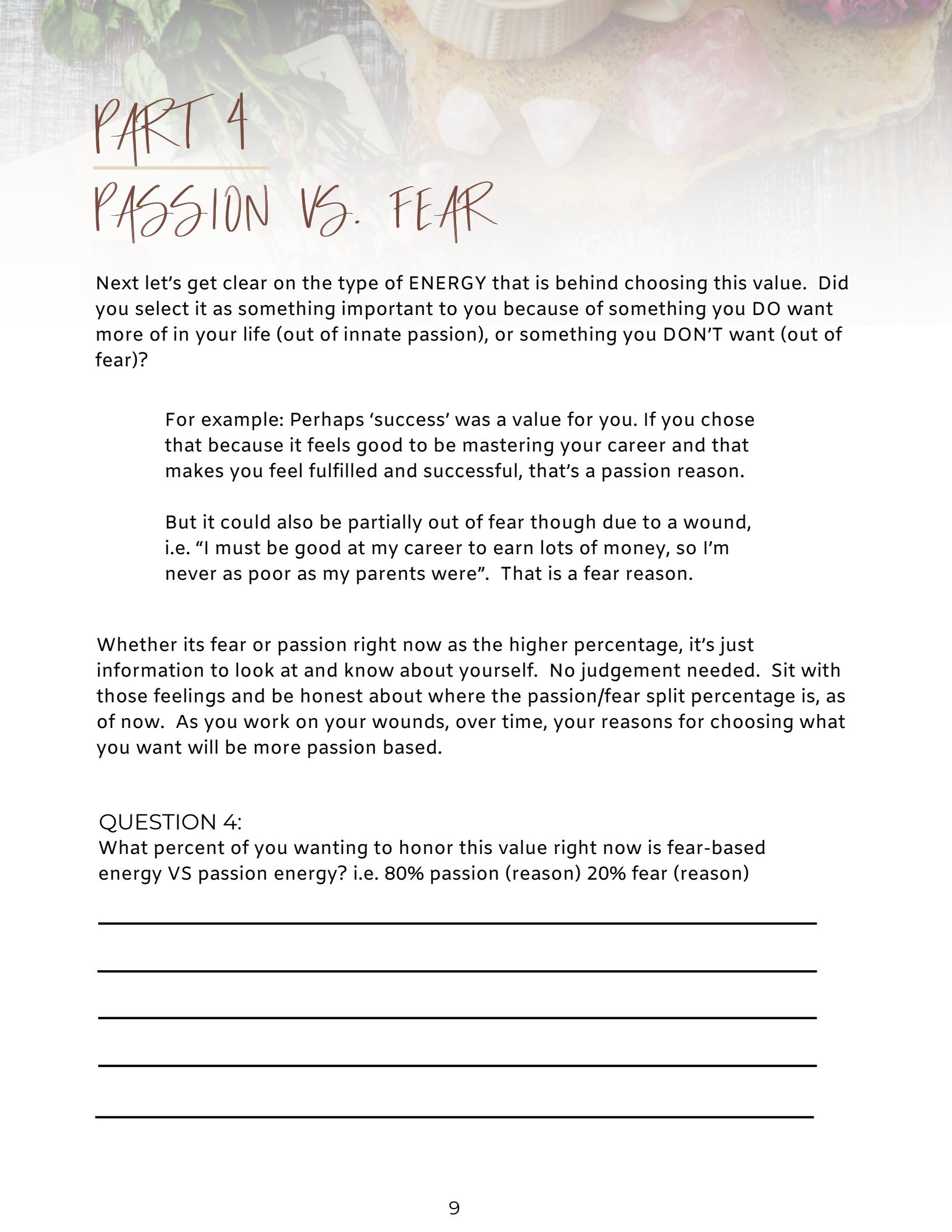
Saying what I mean and meaning what I say. Being fully me, no mask. Living my values fully. Honoring myself and others' uniqueness.

2) Why do you want to honor this value?

I feel out of integrity in my body when I wear masks or pretend for others. I feel at peace when I am with others that I can be 'fully me' with. I want more of that feeling. I am being fully and authentically me, and I am supported by the universe and loved.

3) What will tangibly change in your life, when you honor this value even more than you do today?

I feel comfortable in my body, I make time to be with people on-line, on the phone and in person easily. I am vulnerable. I speak up to bring light to situations where needed. I honor my boundaries. I don't squash my feelings to make others comfortable, I speak up powerfully.



PART 4

PASSION VS. FEAR

Next let's get clear on the type of ENERGY that is behind choosing this value. Did you select it as something important to you because of something you DO want more of in your life (out of innate passion), or something you DON'T want (out of fear)?

For example: Perhaps 'success' was a value for you. If you chose that because it feels good to be mastering your career and that makes you feel fulfilled and successful, that's a passion reason.

But it could also be partially out of fear though due to a wound, i.e. "I must be good at my career to earn lots of money, so I'm never as poor as my parents were". That is a fear reason.

Whether its fear or passion right now as the higher percentage, it's just information to look at and know about yourself. No judgement needed. Sit with those feelings and be honest about where the passion/fear split percentage is, as of now. As you work on your wounds, over time, your reasons for choosing what you want will be more passion based.

QUESTION 4:

What percent of you wanting to honor this value right now is fear-based energy VS passion energy? i.e. 80% passion (reason) 20% fear (reason)

EXAMPLE: MY AUTHENTICITY VALUE FROM PART 1

Passion: I want this value because it feels aligned to who I am and feels great to own my own vulnerable power. I also want to teach others how to do this. 80%

Fear: Tired of 'not good enough' feeling and not speaking up. 20 %

QUESTION 5:

a) For each value, give yourself an overall current rating out of 10 for how much you are honoring this value. 1 meaning you are giving no honor to it, 10 meaning you give it complete honor at all times.

Value 1: _____

Value 4: _____

Value 2: _____

Value 5: _____

Value 3: _____

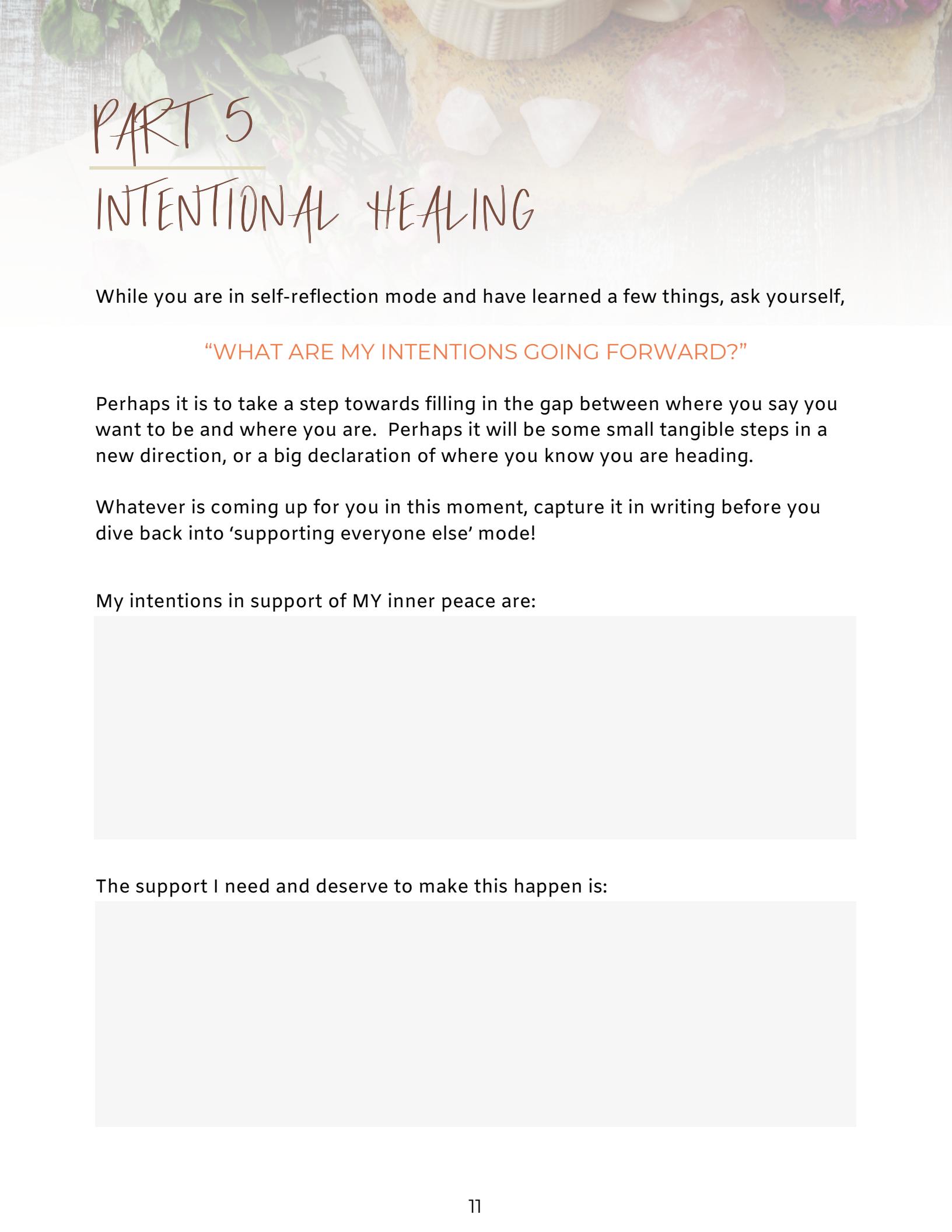
b) What's in the gap? What might be the reason(s) that you aren't walking the walk currently?

EXAMPLE FOR AUTHENTICITY

a) Overall current rating – 7

b) My fear of being even more visible, as my authentic self is what is in the gap.

Being more public/visible would be how to move it up towards 10. Also even more speaking up and less rationalizing why 'it's okay' things aren't on my terms out of wanting to be reasonable or liked.



PART 5

INTENTIONAL HEALING

While you are in self-reflection mode and have learned a few things, ask yourself,

“WHAT ARE MY INTENTIONS GOING FORWARD?”

Perhaps it is to take a step towards filling in the gap between where you say you want to be and where you are. Perhaps it will be some small tangible steps in a new direction, or a big declaration of where you know you are heading.

Whatever is coming up for you in this moment, capture it in writing before you dive back into ‘supporting everyone else’ mode!

My intentions in support of MY inner peace are:

The support I need and deserve to make this happen is:

CONGRATULATIONS ON COMPLETING THIS WORK!

Be sure to watch the video that came with this workbook to learn how to bring yourself inner peace using these values. I hope you found this work enlightening and valuable.

If you feel called to continue your healing journey in a deeper way, please reach out to set up your personal **Soul Session** with me. During your Soul Session, you will receive information on your current mindset pattern, affirmations, intuitive insight into any needed wound work, and insight into the main thing in the way of getting what you really want in life.

I'd love to meet you and work with you 1-1 in this sacred container.

