**Sample of Completed Values/Affirmations Worksheet**

**I value** (say it out loud and see how it sits with you- does this feel authentic?):  
  
I value “**One Love”/Loving Universal Presence**

Corresponding affirmation:   
I do things with love and can tap into a universal loving presence in any moment.  
  
I value **Openness**

Corresponding affirmation:  
I am open to the present moment and accept all that comes with it.  
  
I value **Balance**

Corresponding affirmation:  
I can find and sustain balance in all that I do.  
  
I value **Gratitude**

Corresponding affirmation:  
I can find gratitude anywhere if I look hard enough and let go of negative emotions.  
  
I value **Patience and Calm**

Corresponding affirmation:  
I am patient and calm in the present which allows me to more fully enjoy and live in the moment.

I value **Health and Wellness**

Corresponding affirmation:

My body is my temple and I seek to optimize my health and wellness everyday.

When I am questioning thoughts, feelings (gut, head, or body), and reactions-

**I ask myself: *is what I’m thinking, feeling, or acting like in alignment with one or all of my values?***

Can I be more open?

* Could I stand to be more open in this moment?
* What am I retracting from?
* What can I embrace rather than run from?
* Why am I so closed off from a certain emotion, person, idea, etc? What can that tell me about what I need to lean into?

Can I be more patient and calm?

* Am I acting reactionary and perhaps overreacting?
* Am I angry or freaking out or panicking?
* Can I simplify something to uncomplicate things and bring me back to a grounded, present state?
* Can I treat this moment or this day more as if I am on vacation? (life is like a beach chair- I want to feel that saying in the core of my being).

Can I be more balanced?

* Am I leaning too far toward one thing and discounting the value that is held in the opposite? Think sun and moon, yin and yang ☯️
* Can I be more physically balanced?
* Can my diet be more balanced?
* Do I need to balance my time better?
* Do I need to do a better job balancing my money expenditures?
* Am I helping someone too much/rescuing them at the expense of my well-being or time with my family/doing what makes me happy?

Can I be more gracious?

* Can I be grateful for this moment?
* Can I approach my day as a gift and try to seize it- come up with a game plan and get after it?
* Can I find value in this experience?
* Can I learn something from this to become better?
* Can I help someone rather than harm them?

Can I be more lovingly present with the universe (all that surrounds me)?

* Do I have a not-loving attitude/thought/feeling toward someone or something that is causing suffering in this moment?
* Can I soften my negativity and let in a little love of something- it does not have to be the person or thing directly, but even just something near it to get closer to it?
* Is it possible to love life a little more and get back into the driver’s seat to direct where my life goes?

Can I be more health and wellness conscious?

* Am I treating my body like the temple it is?
* Am I taking care of my health on many different levels?
* Do I feel an overall sense of wellness?
* What do I need for my body, mind, and spirit to feel optimal wellness?

**If my answer is “yes” to any of the questions above, then I need to start making some non-judgmental, non-ego attached modifications in the “here and now.”**

**Next step**: come up with 1-year goals for money that relate to all the above values- see worksheet to start filling in