

This workbook is designed to help you identify and work with your values and beliefs. The more honest you are and the more deeply you look within, the easier the process will become. *Personal clarity is essential for a happy life.*

* IDENTIFY YOUR NEGATIVE BELIEFS

Barbara Ann Brennan, in her best-selling nook *Hands of Light,* offers an exercise to help you uncover your blocking beliefs. According to her, everyone has these patterns in some degree.

Fill in the following sentences:	
All men are:	
All women are:	
I will be hurt in a relationship in the following wa	ays:
Maybe I will get sick and die of:	
I will be ripped off in the following ways:	
I will lose	if I don't

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Write down five of your most deeply felt positive beliefs. For example, "Asking my spiritual mentor for advice will help me live in harmony with the world" is a belief that helps you become the person you're meant to be.

Once you write these beliefs down, you'll be able to examine to what extent they affect your life. If you aren't acting according to these beliefs, ask yourself why. *Is there a way you can practice what you preach?*

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★ PRACTICE SELF LOVE

Brennan suggests that we sit with something we love and give it love. You can use a pet or flowers or a work of art for this. Do this several times. Then when you feel ready, extend some of that love you feel to yourself.

Alternatively, look at yourself in the mirror and love the being you see. Avoid criticism of how you look. If you find yourself critiquing every flaw, start over again.

★ IDENTIFY YOUR VALUES

When you're about to make a decision and aren't sure which way to go, knowing your values will help. Write down below what is most important to you in life. Make a list of at least five things you feel passionately about.

You could also identify values by asking yourself what you need to protect or defend and what ticks you off. For instance, maybe you can't stand dishonesty. Write that down, too.

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* APPLYING VALUES TO SITUATIONS

If you think some areas of your life need improvement, examine your values in order to make a positive change.

- 1. Choose a part of your life you'd like to improve. Maybe you don't like your work environment and want to enrich it.
- 2. List what's important to you in this context. Chances are that the first few values will come up quickly. Keep thinking and you'll get another batch of values.
- 3. Now list these values in order of importance. Determine the hierarchy of values by asking yourself which are the ones you can't do without.
 - **Here's an example:** You may come up with the following values for your job: security, achievement, challenge, power, and adventure. You may decide that security is more important to you than adventure.
- 4. Next, ask yourself whether there's a value missing. Is there something else you'd like to have in your work environment? Maybe you want greater fulfillment. Give the new value the appropriate place on your list.

★ KNOW YOURSELF

Your character and actions are a result of your beliefs and values. Examine these closely in order to know yourself.

Write down the answers to the following questions:

THE IMPORTANCE OF BELIEFS AND VALUES WORKBOOK What or who is the origin of my beliefs and values? What are they based on? Am I using reliable evidence? Do my actions reflect these beliefs and values? Do my beliefs align with my values?

Do my actions reflect these beliefs and values?

Do my beliefs align with my values?

THE IMPORTANCE OF BELIEFS AND VALUES WORKBOOK

How have my beliefs and values evolved over the years?
How do they help me live a contented, happy life?