**Workshop**: **What Do You Really Value?** Live your deepest truth!

**Website Description:** Likely you have experienced the energy of someone passionately living from the heart of personal beliefs and values. Everything about them exudes confidence, direction, light and purpose. They seem to thrive on hard work and engage in each activity with all of their being. And you want what they have! What is their secret? One thing is certain: they know what they truly value, deep down, and choose to live from the core of those values. You can too! Take an evening to look within and explore what you truly value, what nourishes your spirit, what brings you passionately alive!

**Stake**/**Purpose**: Living our values gives life passion, aliveness and meaning.

**Intended** **for**: Anyone who wants more passion and aliveness in life.

**Desired Impact:** Participants will discover in themselves a few key values and feel the pain of not living them.

**Outcome:** Participants will realize the value of choosing activities in alignment with personal values and desire more of this for themselves. They will have a visual representation to help them make choices going forward.

**Supplies:** Scrap paper and Values Handout

**Musical content:** True Calling, True Advice

**Resources (books, articles, etc.) for participants:**

**Content:**

* SONG: True Advice
* DISCUSS: What do you do regularly that drains you, angers you, brings no joy into your life?
	+ Why do we do them?
	+ What deeper values are prompting our participation?
	+ If we felt free enough to stop them, would we?
	+ If we could infuse them with a different energy, what would that look like?
* Engaging personal joy and passion
	+ Call to mind a peak life experience where you felt (or feel) fully alive, engaged, present, joyous, passionate – something you would love more of.
	+ PARTNER UP. One at a time, share the experience with your partner. Feel the energy of the experience. Tease out of your partner what it is that makes this experience so wonderful for you.
* Must haves … beyond basic needs
	+ Basics like food and shelter, community, money enough
	+ Add to your list, what else do you perceive as VITAL to your happiness and fulfillment? Consider nature, adventure, partnership, accomplishment.
* Interacting with frustration and anger
	+ When things anger us, it is usually because a core value of ours is being denied. By looking at frustration and anger, we can find the deeper element that we value.
	+ PARTNER UP. With your partner, share things that make you angry or frustrated. Just blurt them out so your partner can write them down. Now explore:
		- What do you value that is missing?
		- Stuck in traffic and trapped, do you value freedom?
* Invisible values – let your partner write
	+ Your actions likely reflect your values. What do others say about you? Don’t be shy! Humbly own your strengths and positive qualities.
	+ What does your partner see?
	+ What is so natural that you don’t see it yourself? What would you see if you were an unbiased outsider looking in on you?
* Discovering our core values
	+ PARTNER UP. Looking at all that you’ve discovered about you, help each other identify 4-6 core values, items which seem to show up over and over.
	+ INDIVIDUALLY complete the form (below)
* SONG: True Calling

***Living My Values***

*What activities support this value? What conflicts with this value?*

*On a scale of 1 to 10, how satisfied are you?*

*What changes will you make to bring your actions more in alignment with your values?*

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| **Value** | **Supports** | **Conflicts** | **Satisfaction Ranking** |
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