



Building your values list

You'll need a pen and paper for this exercise.

1. Set your Sacred Space

2. Call in your Guides to aid you in this work

if you don't know how to do this then please click the link at the bottom of this page to be taken to my FREE Introduction to Shamanism workshop where you'll be taught everything you need to know to start working Shamanically.

3. Using the list below, start by choosing values that resonate with you. Values that you already possess or would like to possess. Go with your gut on this one and try not to overthink it. Write them down on your piece of paper. You can choose as many as you like.

4 Once you've done that, I'd like you to whittle that list down to the TEN most important values for you.

5. Journey on each word and ask what this means for you energetically, on a soul level. (You can also journey on the list as a whole if that is easier for you)

6. Write down your experiences of each word and keep a note of your values list alongside.

7. You can now refer to your values list every time you have a decision to make.

Do the choices before you align with your values?

Are you sacrificing your own values for other people?

Example Values split into categories (you can add your own as well)

Integrity

Accountability
Candor
Commitment
Dependability
Dignity
Honesty
Honor
Responsibility
Sincerity
Transparency
Trust
Trustworthy
Truth

Feelings

Acceptance
Comfort
Compassion
Contentment
Empathy
Grace
Gratitude
Happiness
Hope
Inspiring
Irreverent
Joy
Kindness
Love
Optimism
Passion
Peace
Poise
Respect
Reverence
Satisfaction
Serenity
Thankful
Tranquility
Welcoming

Spirituality

Adaptability
Altruism
Balance
Charity
Communication
Community
Connection
Consciousness
Contribution
Cooperation
Courtesy
Devotion
Equality
Ethical
Fairness
Family
Fidelity
Friendship
Generosity
Giving
Goodness
Harmony
Humility
Loyalty
Maturity
Meaning
Selfless
Sensitivity
Service
Sharing
Spirit
Stewardship
Support
Sustainability
Teamwork
Tolerance
Unity

Achievement

Accomplishment
Capable
Challenge
Challenge
Competence
Credibility
Determination
Development
Drive
Effectiveness
Empower
Endurance
Excellence
Famous
Greatness
Growth
Hard work
Improvement
Influence
Intensity
Leadership
Mastery
Motivation
Performance
Persistence
Potential
Power
Productivity
Professionalism
Prosperity
Recognition
Results-oriented
Risk
Significance
Skill
Skillfulness
Status
Success
Talent
Victory
Wealth
Winning

Creativity

Creation
Curiosity
Discovery
Exploration
Expressive
Imagination
Innovation
Inquisitive
Intuitive
Openness
Originality
Uniqueness
Wonder

Enjoyment
Amusement
Enthusiasm
Experience
Fun
Humor
Playfulness
Recreation
Spontaneous
Surprise

Presence
Alertness
Attentive
Awareness
Beauty
Calm
Clear

Intelligence

Brilliance
Clever
Common sense
Decisiveness
Foresight
Genius
Insightful
Knowledge
Learning
Logic
Openness
Realistic
Reason
Reflective
Smart
Thoughtful
Understanding
Vision
Wisdom

Strength

Ambition
Assertiveness
Boldness
Confidence
Dedication
Discipline
Ferocious
Fortitude
Persistence
Power
Restraint
Rigor
Self-reliance
Temperance
Toughness
Vigor
Will

Freedom

Independence
Individuality
Liberty

Courage
Bravery
Conviction
Fearless
Valor

Order

Accuracy
Careful
Certainty
Cleanliness
Consistency
Control
Decisive
Economy
Justice
Lawful
Moderation
Organization
Security
Stability
Structure
Thorough
Timeliness

Health

Energy
Vitality
Balance
Wellness
Strength

please sign up for my FREE introduction to Shamanism class using the link below.

www.centreforshamanism.com/intro-shamanism