



# Core Values & Healthy Boundaries

Nabrita  
Healing with Nature  
program





*Dear beautiful soul,*

In our Healing with Nature program you work with the themes and energies of nature to heal yourself and raise your vibrations. Our monthly energy updates and tools helps our members to navigate daily life challenges with ease by connecting with the wisdom of nature.

They experience:

- life balance
- alignment with their soul
- peace and innate joy
- better self-awareness & increased intuition
- raised frequency

We invite you to connect with your own cycles, rhythms and season. Learn to read & feel signs, messages and energies of nature. Use them for your own healing and accelerate your spiritual growth.

The theme of March is personal boundaries: finding balance between yours and those of others. You can work with this theme whenever you feel like it and when this shows up in your life.

Becoming aware of your core values, who you are in essence and what is important for you, is the basis for boundaries settings. This Guide Book and Visualisation will support you to discover and become aware of how your boundaries feel when you are with someone you do not feel comfortable with. So you can recognise this. And these tools support you in having healthy, flexible boundaries in those situations.





## *How to use this Guide book?*

1. Download the audio.
2. Go to the Part 1 of this Guide book
3. Choose the words on page 4 that attract your attention. Add any values you want.
4. On page 5 group those that are alike and choose 1 value to summarise all.
5. Count the values in 1 group
6. Make a list of the 5 most named values
7. Listen to the 15 minutes audio.
8. Answer the questions on 6 and 7.

After this soul inquiry, please share your top 3 values with us. Tell us per email [hello@nabrita.com](mailto:hello@nabrita.com) or share them in our Group Nabrita Healing and Rituals on Facebook.

We wish you lots of fun with this exercise!

Sending love & light,

*Britta & Nathasja*

Britta van Arman & Nathasja Gootjes

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## Part 1 Values

- |                    |                   |                     |
|--------------------|-------------------|---------------------|
| 1. Accomplishment  | 34. Focus         | 67. Presence        |
| 2. Accuracy        | 35. Forgiveness   | 68. Productivity    |
| 3. Acknowledgement | 36. Freedom       | 69. Recognition     |
| 4. Adventure       | 37. Friendship    | 70. Respect         |
| 5. Authenticity    | 38. Fun           | 71. Resourcefulness |
| 6. Balance         | 39. Generosity    | 72. Romance         |
| 7. Beauty          | 40. Gentleness    | 73. Safety          |
| 8. Boldness        | 41. Growth        | 74. Self-Esteem     |
| 9. Calm            | 42. Happiness     | 75. Service         |
| 10. Challenge      | 43. Harmony       | 76. Simplicity      |
| 11. Collaboration  | 44. Health        | 77. Spaciousness    |
| 12. Community      | 45. Helpfulness   | 78. Spirituality    |
| 13. Compassion     | 46. Honesty       | 79. Spontaneity     |
| 14. Comradeship    | 47. Honour        | 80. Strength        |
| 15. Confidence     | 48. Humour        | 81. Tact            |
| 16. Connectedness  | 49. Idealism      | 82. Thankfulness    |
| 17. Contentment    | 50. Independence  | 83. Tolerance       |
| 18. Contribution   | 51. Innovation    | 84. Tradition       |
| 19. Cooperation    | 52. Integrity     | 85. Trust           |
| 20. Courage        | 53. Intuition     | 86. Understanding   |
| 21. Creativity     | 54. Joy           | 87. Unity           |
| 22. Curiosity      | 55. Kindness      | 88. Vitality        |
| 23. Determination  | 56. Learning      | 89. Wisdom          |
| 24. Directness     | 57. Listening     | 90. _____           |
| 25. Discovery      | 58. Love          | 91. _____           |
| 26. Ease           | 59. Loyalty       | 92. _____           |
| 27. Effortlessness | 60. Optimism      | 93. _____           |
| 28. Empowerment    | 61. Orderliness   | 94. _____           |
| 29. Enthusiasm     | 62. Participation | 95. _____           |
| 30. Environment    | 63. Partnership   | 96. _____           |
| 31. Excellence     | 64. Passion       | 97. _____           |
| 32. Fairness       | 65. Patience      | 98. _____           |
| 33. Flexibility    | 66. Peace         | 99. _____           |





*What are my values?*

*Group and count the values*

*My 'Top 5':*





## Part 2

*Listen to the audio before answering the questions hereunder*

*In which situations is it easy/difficult to  
express your values and boundaries?*

*How does it effect you mentally, physically spiritually?  
Where do you feel it in your body? How does it make you feel?*





## Part 2

*Listen to the audio before answering the questions hereunder*

*How would it feel and impact your relationships if you would express your values and boundaries in a flexible way?*

*What do you need to express your values and boundaries in a flexible way?*





## *How was this Soul Inquiry for you?*

We hope you enjoyed this Soul Inquiry and that it helped you to become more aware of:

- your values and boundaries;
- to recognise how it makes you feel when you are with someone you do not feel comfortable with;
- and what you need to be able to have flexible boundaries in those situations so you can choose what is good for you.

We would love to hear what your findings and top 3 values are. Please tell us per mail [hello@nabrita.com](mailto:hello@nabrita.com) or share them in our Group Nabrita Healing and Rituals.

We are curious to find out which ones we have in common.

Sending love & light,

*Britta & Nathasja*

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Live a life full of  
Healing, Balance and Joy

Find out more about  
our membership on  
[www.nabrita.com/shop](http://www.nabrita.com/shop)



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