



# *Healing with Nature*

## March: Your Core Values





*Dear beautiful soul,*

The theme of March is personal boundaries; finding balance between yours and those of others.

Becoming aware of your values, who you are in essence, is the basis to setting boundaries.

The list of values on the next page can help you to discover them or, if you already know, to re-evaluate. Values and norms can change and therefore it is good to reflect on them once in a while. After all, who we are changes with time as we learn, develop and change.

1. Go to the next page and choose the words that attract your attention. Add any values you want.
2. Group those that are alike and choose 1 value to summarise all
3. Count the values in 1 group
4. Make a list of the 5 most named values

After this soul inquiry, please share your top 3 values in our Nabrita community on Telegram. Not a member yet? Send us a message and we will invite you.

We are curious to find out which ones we have in common. Have fun with this exercise!

Sending love & light,

*Britta & Nathasja*





## 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. Comradship     | 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?*

Blank area for writing answers to the question 'What are my values?'

*Group and count the values*

Blank area for writing answers to the question 'Group and count the values'

*My 'Top 5':*

Blank area for writing answers to the question '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?*

*What do you need to start expressing your values and boundaries?*

