

# Empowered Woman

## VALUES

### WEEK 2 ASSIGNMENT

1.. Please write your Top 5 Values down & then number them in order of importance from 1 upwards with number 1 being your most important Value.

2.. Then write down in the left & the right column what percentage you motivated most about that Value. How much of you is motivated by running "Away" from the fear of not having that Value which is a SCARCITY mindset & how much of you is motivated by running "Towards" that Value because you love it so much which means that Value is coming from a place of LOVE & ABUNDANCE!

**AWAY**  
COMING FROM  
A PLACE OF  
FEAR/SCARCITY

**VALUE**  
WHAT MATTERS  
TO YOU MOST

**TOWARDS**  
COMING FROM  
A PLACE OF  
LOVE/ABUNDANCE

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MENS MEDICINE