



True Natural Abundance © Carrie Triffet 2021

### **VALUATION WORKSHEET – LESSON ONE**

Before you go through the registration and payment process, fill out this worksheet to the best of your ability.

Answer each of the questions in the space provided. (Use more paper if you need to.)

#### **On value and worth:**

The ways we've been taught to assign value, often have little to do with the actual intrinsic worth of the item in question. Please answer the following:

*\* Overall, does this class series seem MORE valuable to you...or LESS valuable, because there is no set requirement to pay for it?*

*(Or is this open style of payment not a factor, either way?)*

*\* If it IS a factor...*

*Would the information imparted in this course seem more legitimate to you, if it had cost a lot of money?*

*\* OR does the value of the information remain the same, regardless of price?*

\* And finally...

*Does gratitude or appreciation for all you will receive in this series, play any role in your calculation of its value?*

**On value and lack:**

Now that you have an idea of how and why you've valued this class series, let's examine the mental calculation of how that translates into payment. And for that, we'll need to engage more directly with lack belief.

\* *If your financial situation is similar to that of the boys in the mudpie parable:*

You really have no money to give. If this is the case, what are the emotions and physical sensations that arise in your body as you affirm this?

Listen carefully within. Does this inability to give, say anything about you as a person?

Does your inability to give, say anything about others?

\* *If you have money in your bank account...but a financial cushion is always needed, so you can feel safe:*

Just observe what arises in you, as your calculation of value is negotiated, in light of the safety cushion.

How much is too much to give?

How little is too little?

And does your final calculation of payment say anything about you as a person?

*\* If your bank account far exceeds the value you've calculated:*

The safety cushion question may not seem relevant to you. But is that true?

This payment aside, would you truly have no need for a safety cushion under any circumstance?

Feel into that question and see what arises.

Does your calculation of payment say anything about you as a person?

*\* If you believe that online offerings should always be free...or that spiritually-based offerings in particular, should always be free:*

Just observe what arises in you, as you are asked to ponder these questions about value, worth, safety and lack. Notice any underlying beliefs about self and others, that may pop up from beneath your ideas about getting free stuff.

*\* Does anything else factor in, or come up, as you arrive at your payment calculation?*

And now, with this exercise completed, go ahead and register for the course, and consciously walk yourself through the payment process.

And I'll see you in Lesson Two.