



## Inspired Action

Today's completely FREE EFT Tapping resource is provided by Practitioner Pooja Miglani Arora.

Inspired action stems from goals that are aligned with our intrinsic values. These value driven goals feel meaningful, worthy and inspiring. Getting clear on the distinction between your family, social, cultural, and intrinsic values can have a very significant improvement in:

1. Clarity of 'what you do want'
2. Setting goals that are right for you
3. Your enthusiasm for work
4. Decision making ability
5. Curbing procrastination
6. Expressing your gifts
7. Energy level during the day
8. Better time management
9. Taking action that is easy and compelling
10. Overall satisfaction & quality of your lives

Most of the values we behold are acquired from our families, friends, and teachers that we grew up with. Even if we question them, we will still unconsciously behave either in conformance, or rebellion to these values.

A more mature approach will be to clear out any emotional charge around these values, and consciously choose values that resonate with our heart and whole being.

Whether anyone is barking up the wrong tree or is in the wrong jungle, being clear on intrinsic values can very well be the game changer.

Following is a 3 step process that has created wonderful results for myself, my friends and my clients.

Step 1 : Journaling

Step 2 : Separating wheat from the chaff

Step 3 : Gratitude Tapping





## Step 1

Write a journal entry while pondering the questions below. The “why” at the end of some of these questions is an invitation to reflect - what aspect of it is important to you? Work with all of the questions or the ones that call to you. Write as much or as little as you like. You can do this whichever way it works for you.

In no particular order, think about:

1. What family values did you grow up with? Which of your parent’s values do you also value & which ones are you in opposition of?
2. What were some unspoken rules in your family?
3. What do you want to be known for/as?
4. What do you long for? What do you daydream about?
5. What do you look forward to?
6. Where do you spend your time in real life?
7. What is your impossible/ outrageous dream?
8. Who are your role models/ heroes & why?
9. Which accomplishments/ goals are you proud of & why?
10. If you were to write a quick bucket list, what are 10-15 things that would be in it?
11. What would your ideal self be like?
12. In an ideal world, who would you be, how would you express your creativity/ stories/ wisdom/ gifts? What contribution would you like to make?
13. If you had all the time, resources, or permissions what would you do?
14. If you could not fail, what would you do?
15. What do you have to be, do, or have?
16. Which responsibilities do you carry like a burden? Like you have to or you’ve got no choice?
17. What would you rather not do?
18. What would make this life of yours (including all the pain you went through) totally worthwhile?
19. What makes you come alive?
20. What do you hate most about people? Why? What do you like most about them? Why?
21. If nothing was off limits, who would you be? What would you do? What would you like to have? Why?
22. What is a 'life well lived' to you?





## Step 1 - *continued*

Take as much time as you like. At a different time, read it again. Circle out words or phrases that stand out, or make a side note (preferably with a different coloured pen).

Then, make a list of all of the values that have an emotional charge for you. After making your list, Google list of values and scan through them to see if you would like to add some things. Reflect on why you might have missed them in the first place?

## Step 2

For each item on your values list, consider each of the questions below. Some questions might feel heavy or charged, some may not. Use EFT Tapping for the ickiness that comes up in response to any question.

1. Who gave me this (old) value?
2. Why did they value it?
3. Who would be upset if I gave up this (old) value?
4. Am I afraid to let it go?
5. What do I want to value instead?
6. Why do I want to value this instead?
7. Is it safe for me to bring this change?
8. Am I worthy of this change?
9. Am I breaking some rule(s) by changing what I value?
10. Who would I be without this (old) value?
11. What kind of person would have this (new) value?
12. How does it feel in my body to be living with this (new) value?

After clearing up emotional charge from your acquired values, some values will shine out. The ones that feel close to your heart and spark joy in you. These are your intrinsic values.





### Step 3

Use EFT Tapping to ramp up the positive feelings around your newly found clarity and congruence with statements like those mentioned below.

- I am so grateful now that...
- I feel so clear about my goals/ actions/ to-do list/ purpose in life
- I get to live a meaningful life
- My actions give me great satisfaction
- My goals feel so congruent and aligned with my deepest self
- I can easily make decisions
- I feel so clear
- I get to create my own rules
- I understand myself better

Create your own expressions of appreciation or gratitude like these.

Finally, allow your newly discovered intrinsic values to guide your aspirations, goals and decisions!

