



Working on values and life's purpose is a fundamental step in the Divine Feminine Healing accompaniment process. It's about helping your client clarify what really matters to them, what gives meaning to their existence and what they want to bring to the world. By reconnecting with their deep-seated values and identifying their life's mission, your client lays the foundations of a more aligned, fulfilling, and impactful life.

The values are principles, qualities, and ideals that we hold dear and guide our choices and actions. They are like an internal compass indicating the direction to follow. Examples of values: love, freedom, creativity, authenticity, justice, kindness, etc. Everyone has their own values, shaped by their history, personality, and aspirations. However, it is not always easy to identify and rank them clearly.

To help your client clarify their values, you can propose various exercises such as the values wheel (representing their values on a circle and evaluating their satisfaction level), the visualization of the ideal future (imagining oneself in 5 or 10 years having realized one's dreams) or the analysis of moments of joy and pride (identifying the underlying values of these positive experiences). You can also use card games or specific questionnaires to explore different facets of their personality and aspirations.

The objective is to assist your client in identifying their 5 to 10 key values, those that resonate most strongly within them and are non-negotiable. It's essential to phrase them positively and inspiringly, like beacons lighting their path. You can encourage them to represent them creatively (collage, drawing, symbol), and to display them in their environment to keep them in mind daily.

Once the values are clarified, you can explore with your client how they honor (or not) them

in the different areas of their life (relationships, work, hobbies, commitment, etc.). You can help them identify gaps between their values and reality, and imagine concrete actions to embody them better. This is a progressive alignment work that requires awareness, courage, and perseverance.

The life mission is closely linked to the values. It represents the unique contribution we wish to make to the world, the mark we want to leave. It's our deep reason for being, beyond our roles and obligations. The life mission gives direction and meaning to our existence, pushing us to surpass ourselves and express the best of us.

To assist your client in identifying their life mission, you can explore with them their talents and passions, what they do naturally well and with pleasure. You can also quiz them on the problems they would like to solve, the causes that matter to them, the difference they desire to make in the lives of others. You can invite them to recall their childhood dreams, their heroes and role models to detect clues.

The goal is to help your client articulate their life mission clearly, concisely, and inspiringly, like a beacon that guides their choices and actions. A powerful life mission often begins with an action verb (create, contribute, inspire, heal, etc.) and includes the notion of service and positive impact. Examples: "Reveal the beauty and potential of each being," "Work for more justice and equity in the world," "Inspire and equip women to deploy their full power".

Once their mission is identified, you can help your client translate it into objectives and concrete actions, as discussed in the previous submodule. You can encourage them to integrate their mission into their daily lives, starting with small steps and celebrating each advancement. You can also invite them to share their mission with trusted individuals to anchor their commitment and find support.

Clarifying one's values and life mission is a deep and transformative journey that touches on the very essence of our identity and *raison d'être*. As a practitioner, your role is to create a sacred and kind space for this exploration, to provide powerful tools and questions, and to reflect your client's unique beauty and potential.

Do not hesitate to share your own journey of clarifying your values and mission to inspire your client and create a relationship of trust and authenticity. You may also suggest them readings, meditations or rituals to nourish their reflection and anchor their discoveries. The essential thing is to help them reconnecting with their deep truth, daring to express it, and embodying it in their life with joy and determination.

By incorporating the work on values and life mission into your practice, you offer your clients a powerful catalyst for transformation and interior alignment. You help them give meaning and direction to their life, deploy their unique gifts and actively contribute to a world that is fairer, more loving, and more fulfilling for all. What a wonderful privilege to

accompany them on this sacred path!

Points to remember:

- The work on values and the life mission is a key stage to help your client clarify what is important to them and what they want to bring to the world.
- Values are the principles and ideals that guide our choices. Exercises like the value wheel, visualization, or analysis of moments of joy help identify them. The aim is to have 5 to 10 key values.
- Explore with your client how they honor (or not) their values in their life and assist them in defining actions to better embody them daily.
- The life mission represents the unique contribution we desire to make. To identify it, explore your client's talents, passions, causes, and dreams.
- Assist your client in phrasing their mission in a clear and inspiring way, then translate it into objectives and concrete actions. Encourage them to incorporate it into their daily routine.
- Create a kind space, share your experience, and offer resources to nourish their reflection.
- By incorporating this work, you are helping your clients make sense of their life, deploy their gifts, and contribute to a better world.