



## Your Gifts Value

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What gifts do you want to be seen for that you are already receiving the value (energy exchange) you want? List them below with the energy/value you are receiving for them.

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**4** \_\_\_\_\_

**5** \_\_\_\_\_

What gifts do you want to be seen for that you are NOT receiving the value (energy exchange) you want?

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**4** \_\_\_\_\_

**5** \_\_\_\_\_

What fears, blocks, or beliefs are stopping you from receiving that energy/value?

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What is the root belief?

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What inspired actions can you take to move past the block and start asking for that value?

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