

Essential Cornerstones of Financial Bliss



**With Briana Cavanaugh
The Financial Bliss Mentor**

Essential Cornerstones of Financial Bliss!

What I know is this: when we align our values and our actions, magic happens.

It's that simple.

Mountains move out of our way and miracles come to pass when we are clear about what we want and are really excited and grateful about having it. The means that you have to know where you are aligned and where you are not. It means saying yes when you mean "yes" and no when you mean "no."

But how do you know when you say yes or no?

Most people have no idea what they truly value because they've never really looked. They assume they know what their values are or did some exercise years ago and are relying on old, out dated information or a moment's passion to make decision. Instead I invite you into the deep clarity that comes with being willing to stand in the power and passion of knowing your values.

The clarity you gain from aligning with **your** truth might be one of the most important exercises in this work - in any work. This will help you create deep clarity about moving forward in your decision-making.

You really have only two things that you can budget: your money and your time. And this will help you get and stay clear about how to spending both. It can help you get clear about whether or not to take that job, go on that date or even eat that food. Alignment helps with decisions large and small if you let it.

To go deep with this you'll want to allow it to take up all the time it needs - allow yourself an hour. And revisit your decision every few days for a week or two until you're really clear about the cornerstone values.

Print this out and carry it around with you until you finish it. Then take the resulting values and carry them with you. Also put them where you can see them so that you can rest in your choices and use them as your cornerstones consistently.

If you're experiencing anything in you that is resisting the idea of doing this - you are in the right place! Sit with it, stay with it, come back to it and stay with your feelings. There is extremely valuable information in your feelings. I hope you honor them and allow them to give you their gifts!

Blessings on your journey!

Briana

Instructions

Below is a list of values. Go through the list and circle 10 of them that are most important to you. Give yourself plenty of time to explore these.

Autonomy	Fairness	Parenting
Achievement	Fun	Partnership
Acceptance	Generosity	Patriotism
Adventure	God/dess	Peace
Aging well	Growth	Physical activity/prowess
Beauty	Happiness	Play
Brother/sisterhood	Harmony	Power
Belonging	Health	Potency
Charity or giving	Honesty	Respect
Comfort	Honor	Rest
Community	Humility	Retirement
Commitment	Independence	Reverence
Communication	Individuality	Security
Companionship	Influence	Self-esteem
Connection	Inner peace	Self-worth
Cooperation	Integrity	Service
Consistency	Intimacy	Sexual expression
Courage	Joy	Simplicity
Creativity	Justice	Spirituality
Delight	Kindness	Strength
Dignity	Knowledge	Success
Discovery	Leadership	Support
Diversity	Learning	Surrender
Ease	Leaving a legacy	Time alone
Education	Leisure/Recreation	Transformation
Effectiveness	Life partnership	Travel
Equity	Love	Truth
Expression	Making a difference	Using my talents
Family	Mutuality	Wellness
Freedom	Openness	Wisdom
Friendship	Nourishment	Contribution

Write those 10 values here.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now cross out 5 (or more) until you're down to just 5. Play with those here.

Rank them in order of importance. (Yes, that might be hard. Do it anyway.)

- 1.
- 2.
- 3.
- 4.
- 5.

Now that you know what's important to you, before you make any decisions about anything, before you say "yes" or "no," ask yourself:

- *Will this bring me closer to living my values?*

Asking this question consistently will help you live the life you say you want and help you focus on what's important. Some things will fall away. That's ok. Some things will also come into sharp focus.

Journal Exercise

Are these different or the same as what you expected to find? What did you learn?

Journal Exercise, part the second

Take one decision that has been bothering you or that has previously been unclear. Consider the values you ranked above. How is that list effecting your decision or lack of decision? What clarity do you have now?

Journal Exercise, part three

Where else can you apply this information?

**I would love to hear what you find!
Email me: Info@InfinitelyPossible.net**