



VALUES WORKSHEET

How you build your tribe should be centered around energy, values, and personality traits, to help you find individuals that you will connect with on a foundational level. This will allow you a structure to pay attention to. The intent is not to find tribal members just like you, but it is to This is one of the reasons that when building your tribe, the members must be carefully cultivated, focusing on the energy, core values, and personality traits of each person. You will follow the same process when joining a tribe. The most important part of this journey is putting yourself and your needs first. I call this intention, being "self-full."

Connecting with Energy first.

When I cultivate a tribe for myself, I begin with energy first. I use my intuition as well, and I recommend you consider doing this too. You can feel or sense another person's energy by being around them. When you spend time with them, talking and listening, you can feel if they are a positive person or a negative person. If I am having a conversation with someone and after that conversation, I feel more energized. I feel more positive and optimistic about myself, that is positive energy. If you feel tired, drained of energy, or doubtful of your next steps, that is a sign of negative energy. I am extremely sensitive to energies, so I am careful about who I spend time with. There are five basic energy types to pay attention to overall emotional energy, vocal energy, visual energy, heart energy, and physical energy.

Write down at least five Values that are important to you and why.

Examples of Values are honesty, punctuality, integrity, trustworthiness, frugality, spirituality, equality, peace, compassion – what you are passionate about.

Write down at least five Personality Traits that are important to you and why.

Examples of Personality Traits are optimistic, logical, artistic, detail-oriented, analytic, etc.





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The above exercises are critical because when you cultivate your tribe or you join a tribe, you want to feel like you can confide in them. Individuals you trust and respect. For example, if you know an individual is a gossip, do not invite them to be in your tribe. You may already have a tribe and are ready to dive in, or you may be starting from scratch. Either way...do the exercises above. For more information, you can read Chapter Four on *How Do You Build Your Tribe?*

Additional Tips:

- Build your tribe like a stone wall, not a brick wall. Your tribal members should not all look the same. It is about how individuals make you feel when you are around them. Do not invite individuals because you think they will make you look good. This is not an invitation to a birthday party.
- Take your time with this process. This is a purposeful group of individuals who you will connect with in a very intimate level. If you are struggling with this, get onto our BeingTribal Facebook Group and ask your questions. You will have a lot of support there. You can also reach out to me directly and I will be happy to walk you through this process.
- Finally, check out page 51 in the book on how to ask someone to be in your tribe.

Blessings, Love and Light,

A handwritten signature in black ink that reads 'Rena'. The signature is written in a cursive, flowing style with a long, elegant tail on the letter 'a'.

