



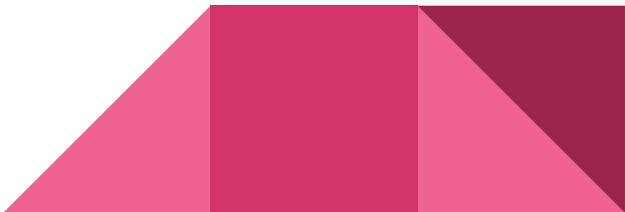
# Business Essentials for Birthworkers

Birthing Your Business



# Values

# Values

- Values are the regard that something is held to deserve; the importance, worth, or usefulness of something.
  - Values are also a person's principles or standards of behavior; one's judgment of what is important in life.
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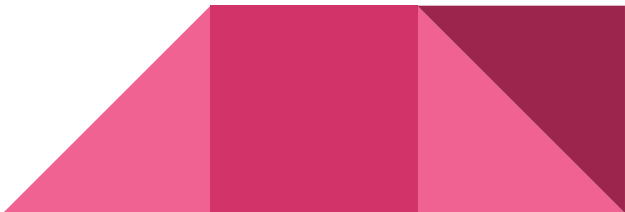
What is your value system?

# Values

- What value do you give to:
  - your time
  - your energy
  - your knowledge
  - your expertise
  - your skills
  - your resources
  - your wisdom
  - your intuition



# Energy Exchange

- What values do we exchange our energy for?
  - money is energy
  - time is energy
  - sharing resources is energy
  - holding space is energy
  - sharing skills, knowledge and expertise is energy
  - mental energy
  - emotional energy
  - spiritual energy
  - physical energy
- 




# Exercise

# Values Energy Exchange Exercise


- What value would you exchange Item 1?
- What value would you exchange for Item 2?
- What value would you exchange for one hour of your time?
- What value would you exchange for one day of your life?
- What value would you exchange for your knowledge, your skills and your expertise?





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Review this exercise regularly to  
make sure your values match up  
with how you make exchanges in  
your business activities.



Our value systems  
determine and guide  
how we exchange  
energy.



# Sacred Energy

# Sacred Energy

- **BIRTH IS SACRED.**
- What we value as sacred there is no price for.
- In supporting others in birth we are exchanging our personal energy for that support.
- We should always honor our energy with a value exchange that feels comfortable and just to us.
- See next slide for ***Sacred Energy Mantra***



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“Birth is sacred.

I exchange my personal  
sacred energy for a value of  
support that I accept as a fair  
exchange.”

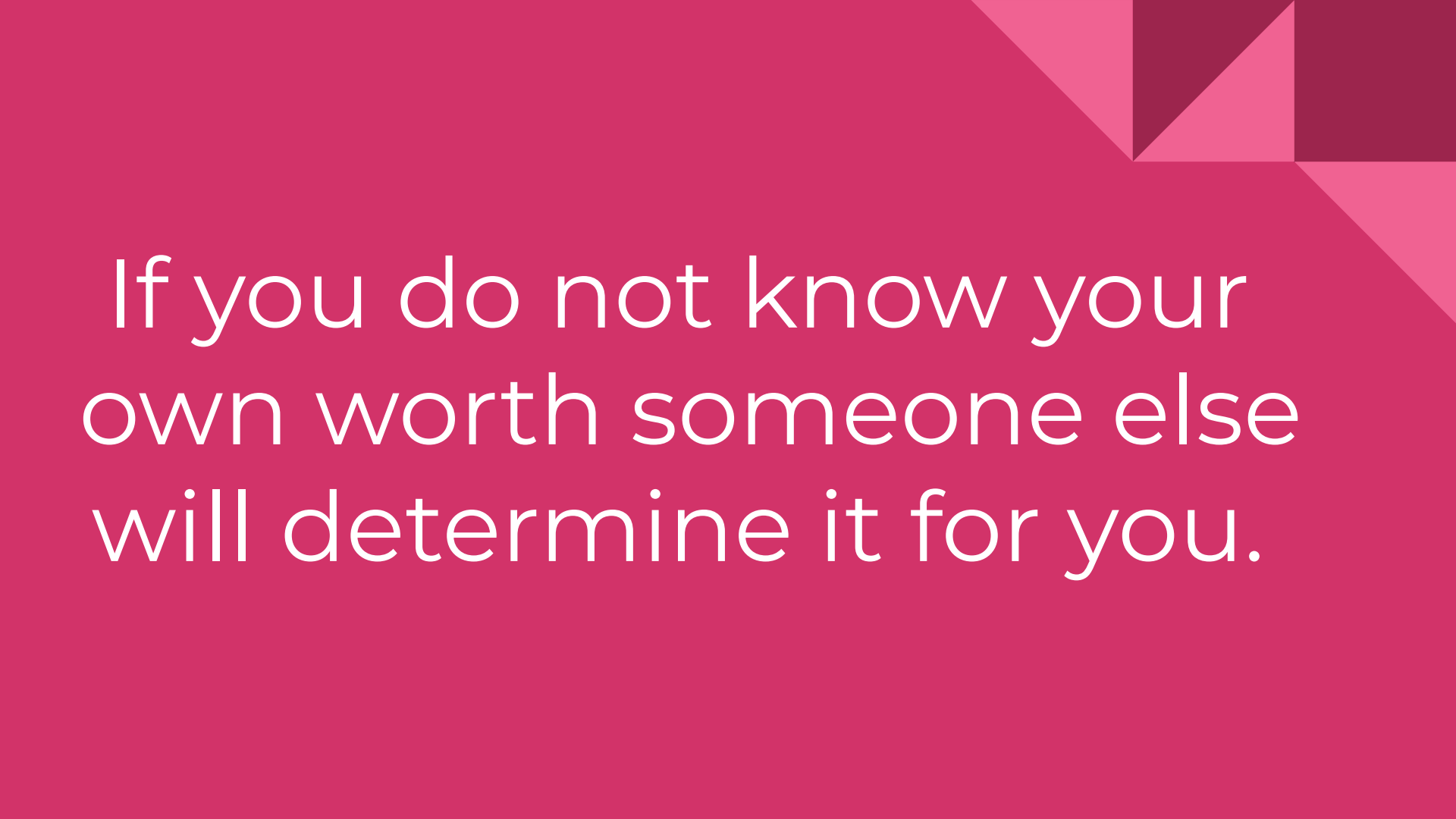
# Notes to remember for Sacred Energy Exchange

- This service of support is not for fame and fortune, it is a sacred service, an honor and a privilege.
- Stay humble.
  - *You are being invited into the most intimate and transformative experience of someone's life.*
- Show gratitude.
  - *You are witnessing a miracle every time a baby is born.*



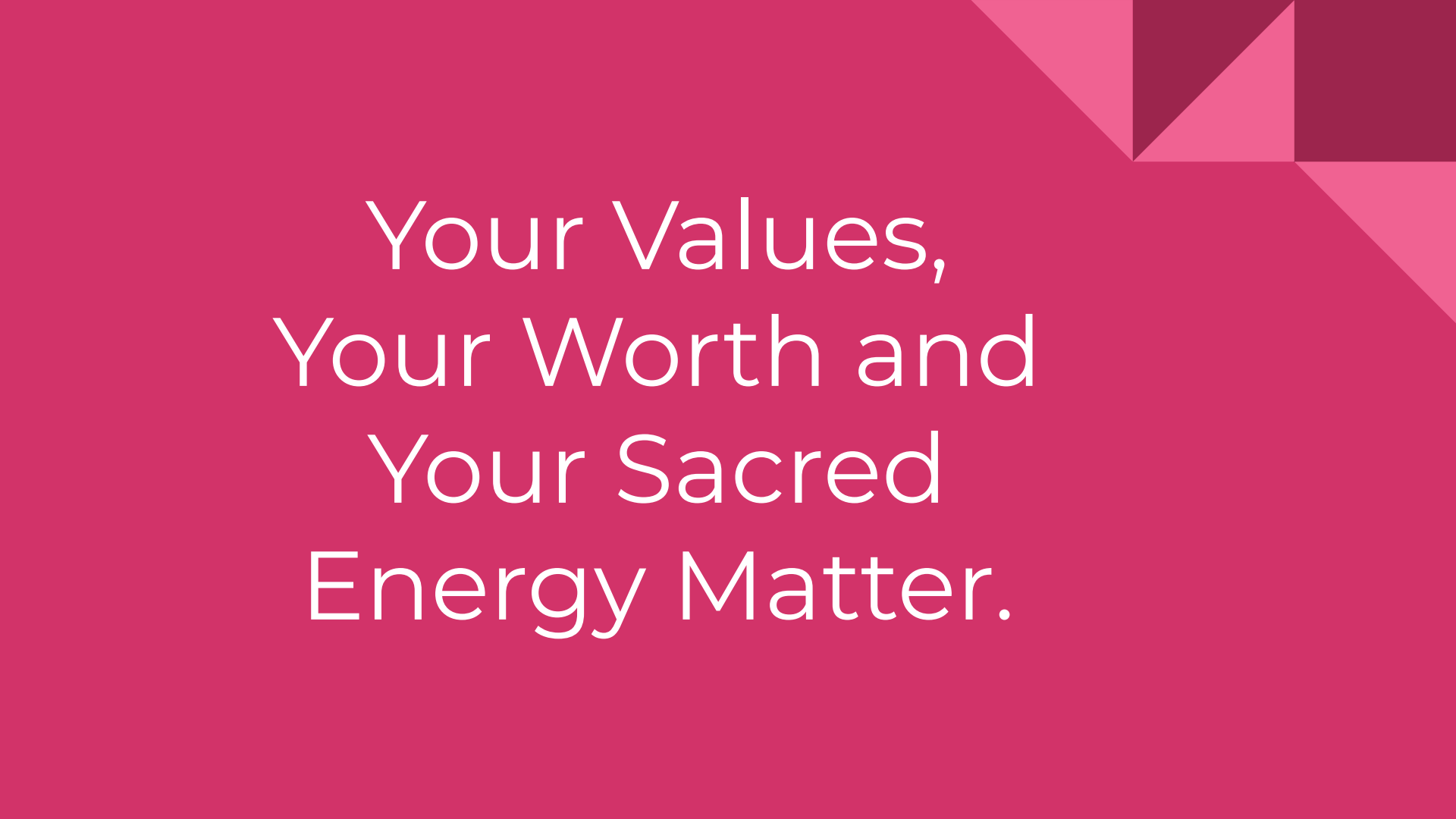
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Know your worth.

The background is a solid pink color. In the top right corner, there is a decorative pattern of overlapping triangles in various shades of pink and magenta, creating a geometric, abstract design.

If you do not know your  
own worth someone else  
will determine it for you.





Your Values,  
Your Worth and  
Your Sacred  
Energy Matter.