



Rachel Cargle presents:

ASCEND

A WRITING WORKSHOP TO UNCOVER OUR
HIGHEST VALUES

Wow,

Thank you so much to everyone who joined in community for the January 25th session of the ASCEND highest values workshop.

Our time together quickly shifted from that of a workshop into that of a shared experience of vulnerability, critical thinking and infinite affirmation.

My heart is full to know that so many of you had ah-ha moments, shifting self discoveries and the experience of being seen and heard from a beautiful community of those pursuing this journey with you.

I wish you a lifetime of days of alignment and deep joy within your highest values.

*Big love,
Rachel Cargle*





HIGHEST VALUES FOUND DURING OUR SESSION

It was very helpful for many to be able to hear and examine the highest values of others in order to give language to their own highest values. I have gathered several of the highest values expressed during our session to reaffirm and offer a name to their own themes of desire.

Ease	Freedom	Integrity
Opportunity	Creativity	Alignment
Abundance	Stability	Family
Health	Service	Clarity
Pleasure	Experience	Rootedness
Wellness	Relationship	Nature
Play	Authenticity	Productivity
Spirituality	Expression	Simplicity
Community	Contribution	Joy

ADDITIONAL RESOURCES



Playlist:

Here you will find the play list that we grooved to during the workshop. Everything from modern vibes of Masego to the heart filling music of black harpist Dorothy Ashby you can relive the goodness of the ASCEND playlist on spotify here:

https://open.spotify.com/playlist/7EkguFMViuljdcE89OLTLC?si=7_ndv585SZ-Op-2ZFUDkjg



Reads:

Grit by Angela Duckworth: This book is what introduced me to the concept of highest values. Though this book skirts heavily around issues like privilege and systematic "isms" it served as a very valuable text for self examination.

How To Not Always Be Working by Marlee Grace: An excellent and easy read that helps get a framework for where all our desires tend to intersect.

By Force of Fantasy by Ethel Person: This book, in exploring the psychology of fantasy, opened my eyes to the importance of paying attention to our fantasies and obsessions as they are often indicators of the things we truly value.



#ONWARD

So where do you go from here? More exploring, more indulging, more introspection and more making room for your deepest desires and highest values to be uncovered. Here are a few journal prompts you can take on whenever you want to tap into the magic of the ASCEND workshop:

1. When you were little what would you often imagine your adult life looking and feeling like? Sometimes our most authentic desires and values showed up for us in the "innocence" of our younger selves.
2. Make a list of all the values you've subscribed to in life that you now realize were not so much a value of your own but instead something that had subconsciously assigned to you by family, religion, gender expectations, beauty standards, cultural norms, friends or partners, tradition, fear or anxiety.
3. Who are some of the people in your life who could benefit from knowing your highest values and how might you feel most comfortable sharing it with them? Perhaps a social media post explaining your highest values and tagging friends and family who you'd like to read it? Maybe doing a write up in your next newsletter so your clients and colleagues get oriented with your highest values. Get creative (and bold) in letting your world know where you stand!
4. Take some time to consider some of the decisions you've had to make over the last week or so:
 - Decisions that had to do with money (a high value purchase)
 - Decisions that had to do with your energy (deciding to accept or decline a social invitation)
 - Decisions that had to do with your time (deciding how to spend the free evening that popped into your schedule)

Evaluate what your decisions were and compare them to your highest values. Did your choices this week align with your highest values? What would a "highest value" based decision have looked like?