

spiritual

emotional

worth

social

mental

physical

*When someone shows you who they are
believe them; the first time.*



Maya Angelou

Aloha and welcome!

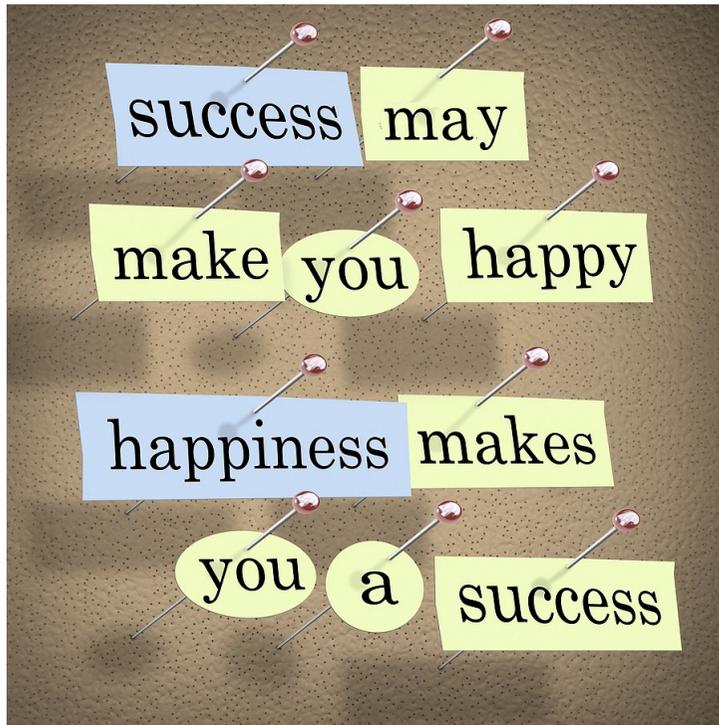
This program guide provides a general outline of course content and costs. To tap into the magic of serendipity and synchronicity, content and class agendas shift based on what unfolds each step of the way.

Our *journey* begins now while you read / absorb this program guide. Once registered you (along with readers locally and globally) continue to learn together.

To get the most out of your journey will you:

1. plan at least three hours a week to read, think, journal and complete the exercises?
2. plan one hour a month to attend a class conference call?
3. share what you learn with those you love and care for? (Help them keep up to speed with the *new you*?)

Your *journey*?



Chapter 1: Who's Worth It?
Chapter 2: What Are You Worth?
Chapter 3: Why Are You Worth It?
Chapter 4: When Are You Worth It?
Chapter 5: How Worth Grows

Chapter 6: You Get What You Pay For!
Chapter 7: Pricing The Priceless
Chapter 8: Performance Based Contracts
Chapter 9: Ethics & Integrity
Chapter 10: Gratitude Guidelines

"There are people who put their dreams in a little box and say, 'Yes, I've got dreams, of course I've got dreams.' Then they put the box away and bring it out once in awhile to look in it, and yep, they're still there."



Erma Bombeck
U.S. humorist (1927-1996)

Who's Worth It?

Are you?

(We hope you shout YES! to this question!)

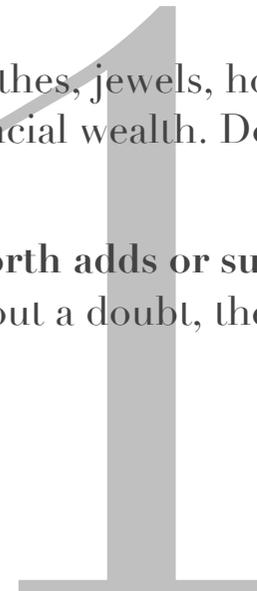
Do you find yourself judging someone's worth based on what you see? Cars, clothes, jewels, homes, artwork, hair styles, regular dining haunts all play a part in how we display financial wealth. Do external, material possessions represent all you're worth?

This class trains you to gain deeper insights on how your physical material worth adds or subtracts your ability to enjoy life more fully. By the end of this class, you'll know with out a doubt, the answers to these questions:

How do material possessions:

- reflect your **overall** worth?
- help or hurt your desire to feel fully valued?
- help or hurt your desire to show others how you value them?

Learn how your material world helps or hinders your ability to live free from doubts, guilt, shame and worry.



"Treat people as if they were what they ought to be and you help them to become what they are capable of being."



Johann Wolfgang von Goethe
Novelist, scientist & philosopher
(1749-1832)

What Are You Worth?

Forget the calculator, statements and balance sheets.

This class explores how many skills YOU think you have.

With your list in hand, we'll then explore what skills other people think YOU have! By the end of this class, you'll discover without a doubt, all the many skills you have (or need) to grow your worth in multiple ways.

Time to get a grip on all the many talents you currently have. We'll verify and grow your skills list with three simple, thorough unique exercises. By the end of this class, you'll know with an amazing level of clarity:

- what skills you think you have.
- what skills others think you have.
- a plan to polish skills you have.
- a map to find the skills you need.

Give your sense of self esteem a boost. The more you KNOW yourself and your skills, the more likely you'll attract people who'll honor you for all your worth.

"Would that there were an award for people who come to understand the concept of enough. Good enough. Successful enough. Thin enough. Rich enough. Socially responsible enough. When you have self-respect, you have enough."



Gail Sheehy
American writer & lecturer
(1937 -)

Why Are You Worth It?

Is it worth doing **ONLY** what you **LOVE** doing?

If you love what you're doing in life, and wish to take things to the next level, **GREAT!** Get ready to take that step.

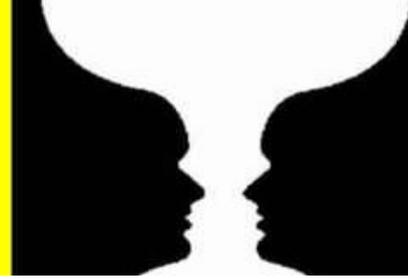
If you **DON'T LOVE** what you're doing, but believe you can love it at some point in time, you've created a fiction.

Dissolve such fictions with the exercises in this class. **Discover what you're called to do.** By the end of this class, you'll know:

- the dangers of getting caught up with comparing yourself to others.
- how to actively use (and never overdraw) your wisdom bank.
- how to avoid common mistakes associated with taking shortcuts to success.
- how to take progressive steps to grow you ability to balance receiving with giving.

Now is the time to take steps to discover or enhance what you LOVE to do.

"Your true value depends entirely on what you are compared with."



Bob Wells
American editor
(1966-)

When Are You Worth It?

Reality check! Time or Money? Which is more lucky to have?

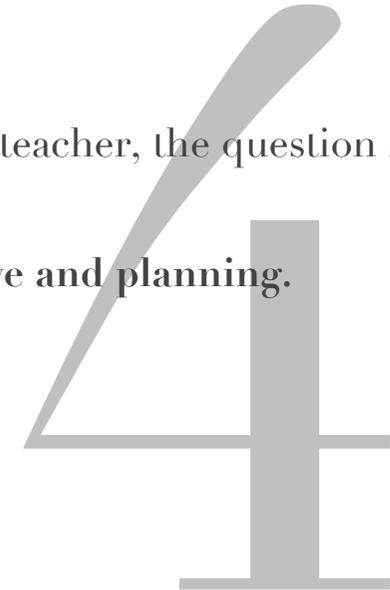
Do you have to choose between these two? While it's true that history is our teacher, the question is, how much have you paid to learn the lessons you've learned.

In this class, we tap into two of the most powerful tools we have: perspective and planning.

By the end of this class, you'll see:

- how to identify reoccurring themes from major life events.
- ways to engage themes to your benefit.
- what you can do to dissolve barriers to success.
- how to enjoy more luck with ease and grace.
- where to apply more (or less) time or effort to experience success on many levels.

Life is short. Time is one gift worth spending wisely. It's time to more fully than ever before every minute you have.



PAY ME WHAT
I'M WORTH

get it

book

start it

journey

join us

social movement

3 1 2 - 2 6 8 - 0 0 0 0

How Worth Grows

Turn your address book into a treasure chest! How?

Ever heard the term relationship management? Your worth grows based on the types of relationships you develop with both yourself and others. How much or how long your worth grows depends on the ethical steps one takes to create long-term rock-solid relationships.

Complete the exercises in this class to build a powerful base of relationships. Allow these relationships to support your growth in many ways. Once you complete FOUR common-sense exercises within this class, you're well on your way to:

- sorting out how to co-create mutually beneficial relationships.
- releasing relationships that prevent you from achieving success
- creating decades of supporting connections to support growth on multiple levels.
- work smarter NOT harder.

Imagine life with less drama, guilt, shame, worry and doubt! Discover how to achieve this life, step by step with this class.

You can ask forgiveness of others, but in the end the real forgiveness is in one's own self.



Maya Angelou
American poet

You Get What You Pay For!

Have you ever mumbled you get what you pay for?

Ready to discover ways to dramatically reduce (if not end) situations where you feel bad because someone took advantage of you? Even better! Ready to NEVER take advantage of anyone else!

Remember! What goes around COMES around!

This class guides you on how to do some mental laundry. It's time to wash away feelings of being used — yes? By the time you complete our unique exercises, you're well on your way to:

- discover how you set yourself up to be taken advantage of.
- learn how taking advantage of others comes back to haunt you — many times over.
- use an ancient, powerful practice (forgiveness) to release shame, doubt, guilt or worry.

The more clean and clear our minds are, the less likely we'll be taken to the cleaners.

With this class, you'll learn how to get what you pay for!

As dreams die, so does the dreamer. How soon do we all pay for just one lost dream?

Pricing The Priceless

What are priceless moments?

Being born? Loving someone? Being loved by someone? Breathing? Seeing? Hearing? Touching? Tasting? Experiencing a blissful or sacred moment? Learning something new about yourself based on all sorts of hard work? All priceless, or are they?

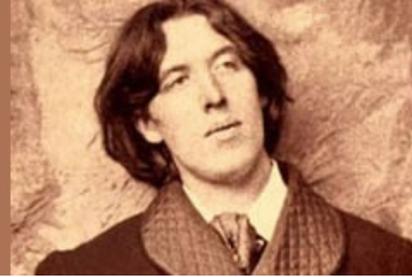
They say there's a price for everything. Is there?

Time to explore the price we pay for what we think is priceless. Complete this class to:

- discover how we're paid what we're worth daily!
- explore three timeless guidelines to **FULLY** honor someone's worth (on many levels) with ease and grace.
- learn ways to end suffering, one day, one thought, one person at a time.
- know the difference between gratitude and gratuity.

Everything has a price. Complete this class to discover how to spend time, money, attention, etc. (what you have), wisely.

One should always play fairly
when one has the winning cards.



Oscar Wilde
Irish Dramatist, Novelist
& Poet (1854-1900)

Performance Based Contracts

What contracts do you live by daily?

Are you aware of the thousands of contracts you abide by each and every day? What are those contracts? How do these contracts support or diminish your worth? What contracts do you make with yourself to succeed and grow?

This class shows you the value of a simple, short performance based contract. By the time you finish one simple exercise, you're ready to create concise, short contracts. Time to dissolve stress and ignite passions to succeed!

- End worrying by co-creating something to reduce unpleasant surprises.
- Feel inspired more often than not by **KNOWING** what to expect when you do you best.
- Walk on solid ground even when things seem crazy and unpredictable.

When life seems out of control and lethally stressful, what do you do? Complete this class to take solid steps to enjoy a more productive, happy, healthy life.

Ethics enjoy facts. Morals thrive on subjective judgments. Accordingly, if you live by moral standards, take great care with every word you speak. What you say (your ethics) will be judged by what you do (your integrity).

Ethics & Integrity

Ethics. What are these things?

Integrity? How does integrity help you grow worth on many levels? You've heard this before, "say what you do and do what you say."

How's it going for you on this front? Does your word equal your deed? 100% of the time? 2%?

Complete this class to live an ethical life. Build your ability to engage ethical foresight with simple, doable, daily steps. Complete this class to:

- sort out the difference between ethics and morals.
- discover ways to keep life more simple, less stressful.
- create simple ways to enjoy higher levels of integrity.
- exponentially increase ethical, long-term stable worth on many levels.

When our words equal our deeds, life becomes much less stressful rapidly! Right? Join us to start releasing unhealthy stress today!

A wise person learns from what's reflected back to them, no matter how unpleasant. The more unpleasant, the more likely it's a lesson you really need to learn.

Gratitude Guidelines

How do you practice gratitude?

Manipulation. How might gratitude be disguised as manipulation? How does gratitude advance your ability to receive MORE with less effort?

This final class reveals the truth in the old saying, “change your mind, change your world.”

Complete the exercises in this class to more fully understand:

- the difference between gratitude and manipulation.
- how manipulation prevents you from receiving MORE with less effort.
- ways to dissolve pain associated with lack (not enough)
- how genuine giving always returns MORE to you than you could ever imagine.

Practicing genuine gratitude rapidly shifts life from thinking there's never enough to FEELING there's always SO MUCH!

"Balance: a dance with how and when."



Soul Dancer, Monk, Shaman, Social Worker



Program includes:

- weekly one-hour conference call.
- Team support (8-12 people per team).
- Access to secure (SSL) password protected online classrooms.
- Electronic and printed copy of Pay Me What I'm Worth.

Cost(s)

Money: \$225.00 per month.

Time: minimum 3 hours a week for 52 weeks.

Terms & Conditions

Read pages below.



Terms & Conditions

LIABILITY AND RESPONSIBILITY

Souldancer Network, Inc., Soul University and Soul Dancer welcomes participants to our Pay Me What I'm Worth program **collectively referred to as Program**. This program includes the following experts, materials and resources:

- Soul Dancer, Founder of Souldancer Network, LLC
- Pay Me What I'm Worth (book)
- PayMeWhatIAmWorth.com (website)
- SoulUniversity.Org (full access)

When I agree to participate in (or with) this Program, I agree to comply with and be bound by the following terms of service. (Please review the following terms carefully.)

Participation Ground Rules

As with all journeys in life, I face a variety of risks as I learn and grow. For example, every airline, car rental, ship or train ticket comes with a disclaimer detailing what my rights and responsibilities as a consumer of a product or service. What are my rights and responsibilities regarding this Program?

1. I am 100% responsible for what I do (or don't do) along with the results (if any) related to the use of the information, suggestions and exercises contained in this Program.
2. When I find myself in need of assistance of any type, I will contact a qualified professional or spiritual leader in a timely, safe manner. This Program does not replace the services of qualified, accredited, recognized professionals
3. When I use this Program, I may encounter times when I need some type of assistance. Assistance may range from a simple connection with a family member or friend to talk things over with, to the assistance of a qualified professional or spiritual leader. When needed, I will seek out this assistance in a timely manner. If I need help or support now, I will seek and access support now.

Terms & Conditions

4. When I don't agree with these Program terms or conditions I will STOP my use of this Program! I will not do anything I wish not to do. Unless I'm comfortable with what I'm instructed to do, it's time to stop and plan what I wish to change to continue on with this Program. How I decide to engage (or not engage) this Program, or use (or not use) the information in this Program is completely my decision.
5. This Program and parties related to this Program (such as other group members) do not replace spiritual, medical, financial, legal or related professional services or counsel. This Program provides advice and exercises for personal and professional development only. I may find this Program a valuable supplement to any of the work I currently do with a licensed, credible, physical, mental practitioner or spiritual leader. However, this Program is not a substitute in any form for professional or spiritual guidance.
6. This Program will endeavor to offer me accurate information at the time of providing this Program. The information in this Program is provided as-is. Those involved in this Program will assume no liability nor responsibility for any person or entity with respect to any loss or damage related directly or indirectly to the information contained in this Program and related outcomes (if any).
7. This Program makes no warranties of any kind, expressed or implied. Those in this Program and related parties do not offer any remedies for indirect, consequential, punitive or incidental damages arising from the use (or lack of use) in this Program, including damages from negligence, strict liability, or breach of privacy, warranty or contract, even after notice of the possibility of such damages.
8. Program Providers will communicate via email any changes to these terms and conditions within 30 days before implementing any changes. If I do not agree with the communicated changes in these terms of service, I will opt out of this Program immediately.

Terms & Conditions

Registration

I certify I am considered a legal adult (21 years old or older). Pre-registration tasks include signing (and sending a signed copy of) the last page of this Release form to SoulUniversity at office@souluniversity.org. My signature verifies that I have reviewed and agreed to the information contained in this program guide. A confirmed registration or reservation shall constitute a sole contract between Program Providers and I (Program participant). Program Providers are not responsible for any act, omission or event during the time I miss a specific program or event. Any claim or dispute by me with Program Providers arising out of or relating to this contract or services pursuant to this contract shall be settled by binding arbitration in accordance with the rules then in effect adopted by the American Arbitration Association, which arbitration shall take place in the State of Hawaii. A request for arbitration must be filed within one month from Program completion date.

Providers reserve the right to accept or decline my Program participation at any time for any reason.

Video / Audio / Photographic Use

To maintain confidentiality and privacy Soul University will NOT record classes or use images for any reason.

Payment and Refund Terms:

Program cost: \$225.00 due at registration and each month until I complete this program.

Refunds: No refunds for any reason. Remember you are 100% responsible for what you do (or don't do) along with the results (if any) related to the use of the information, suggestions and exercises contained in this Program.

All rates quoted in U.S. dollars. All payments ultimately must convert to US dollars.

Terms & Conditions

SIGNATURE / AUTHORIZATION

I have read, understood and agree to the Program* terms, liability, responsibility, payment schedules, cancellation, refund policies, and videotape, audio recording and photographic release as written above.

Participant Signature

Date (Month / Day / Year)

Email a scanned or photograph copy this signed page to office@souluniversity.org. Or fax to 801-443-8935.

Printed Contact Information

Legal Name (Last, First, Middle Initial)

Address

City, State, Postal Code

Phone

Preferred Name (Nickname)

Email

**Program: Adult Abuse Survivor Program.*