

COURSE 2  
Valuing Your Work  
Bee+Hive Artist Collective

**WORKSHEET 1**

Value Resistance Reflection

**Purpose:**

To identify emotional, cultural, or learned resistance around valuing art and money.

**Instructions:**

Answer honestly. This worksheet is about awareness, not fixing everything at once

What emotions come up when I think about charging for my work or assigning it value?

What messages did I grow up hearing about artists, money, or success?

How have these messages influenced my pricing, confidence, or decisions?

What would it feel like to approach value with neutrality instead of judgment?

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**WORKSHEET 2**

Mapping the Value in My Work

**Purpose:**

To recognize the many layers of value embedded in your work

**Instructions:**

List without minimizing or qualifying

Skills, techniques, or expertise involved in my work:

Time invested (creation, preparation, revision, communication):

Emotional, conceptual, or cultural depth present in my work:

Invisible labor others may not see (learning, research, admin):

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**WORKSHEET 3**

Self-Worth vs. Price

**Purpose:**

To separate personal identity from pricing outcomes

**Instructions:**

Be gentle but honest

When my work doesn't sell or is priced lower than I hoped, I tend to believe:

Where do I think this belief came from?

How does this belief affect my confidence or behavior?

A grounded, neutral reframe I choose instead:

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**WORKSHEET 4**

True Cost Breakdown

**Purpose:**

To understand what it truly takes to create your work

**Instructions:**

Consider one specific piece or project

Materials used and approximate cost:

Time spent (hours/days/weeks):

Overhead (studio, equipment, software, utilities):

Emotional or cognitive labor involved:

What this reveals about the true cost of my work:

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**WORKSHEET 5**

Value Pattern Awareness

**Purpose:**

To identify habits that undermine sustainability

**Instructions:**

Notice patterns without self-criticism

Patterns I recognize in how I price, share, or speak about my work:

Situations where these patterns show up most often:

What these patterns may be trying to protect me from:

One small, realistic shift I can experiment with:

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**WORKSHEET 6**

Value Language Practice

**Purpose:**

To develop clear, calm language around your work

**Instructions:**

This is practice, not performance

How I currently describe my work to others:

Where I tend to over-explain, justify, or apologize:

A simpler, clearer description of my work:

How it feels to read the simplified version:

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**WORKSHEET 7**

Community Value Alignment

**Purpose:**

To align personal values with professional behavior inside BHAC and beyond

**Instructions:**

Think in terms of respect, boundaries, and clarity

How I want to show up professionally in creative spaces:

Boundaries that support my value (time, energy, communication):

What respect looks like to me in collaboration or opportunity:

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**WORKSHEET 8**

Value Integration Plan

**Purpose:**

To move value from concept into daily practice

**Instructions:**

Choose actions that feel sustainable

One habit I will adjust to better reflect my value:

One boundary I will reinforce:

One reminder or affirmation I'll return to when doubt arises:

How I'll check in with myself about this over time:

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**WORKSHEET 9**

Value Reflection

**Purpose:**

To integrate learning and mark completion

**Instructions:**

Complete after finishing the course

What shifted in how I understand value?

What feels clearer about my relationship to my work?

What I want to carry forward into future decisions:

One word or phrase that captures how I feel now: