

Core Values



Values are foundational beliefs that anchor our lives, the things that matter to us the most, the nonnegotiable characteristics that best describe who we are. Look over the following list and circle the words and phrases that best illustrate your values. If you have values not on the list, add them in the margin. Circle between twelve and fifteen words that best describe you, even though there may be others that apply as well. (The words and phrases below are listed alphabetically rather than in order of importance.)

Accomplishment	Enlightenment	Integrity	Relaxation
Adventure	Excellence	Joy	Respect for people
Affirmation	Excitement	Kindness	Respect for environment
Ambition	Evangelism	Lack of pretense	Rest
Athleticism	Faithfulness	Learning	Security
Authenticity	Family	Love	Self-esteem
Beauty in Self	Faith	Loyalty	Self-expression
Beauty in Others	Forgiveness	Making money	Servanthood
Beauty in Spaces	Future	Marriage	Service
Being in control	Freedom	Mentoring	Silence
Being a role model	Frugality	Missions	Sincerity
Being a teacher	Fulfillment	Nature	Solitude
Being Outdoors	Fun	Nurturing	Spiritual Growth
Bible	Gentleness	Obedience	Spontaneity
Career	Genuineness	Orderliness	Stability
Caution	Good taste	Patience	Success
Collaboration	Growth	Peace	Stewardship
Communicating	Hard work	Perfection	Temperance
Community	Health	Performance	Theology
Compassion	Honesty	Persistence	Tolerance
Competence	Hope	Personal Power	Tongue control
Competition	Hospitality	Pleasure	Transparency
Creativity	Humility	Prayer	Tranquility
Determination	Humor	Productivity	Trust
Diligence	Impacting people	Purity	Truth
Efficiency	Independence	Quality	Winning
Elegance	Influence	Recognition	Worship
Encouragement	Inspiring others	Relationship with God	

Identifying Top Values

Identifying values offers a deep awakening to understanding why you do what you do, therefore, core values should line up what you believe is important with how you live your life. Sometimes these values are inherited or learned, other times they are ideals. Often times, external conflict and internal turmoil are the result of opposing core values, either with others or even within yourself. Take time to identify 4 to 5 core values from your original list. Jot down how you'd like to see each value manifest in your life. Also note if you see any conflicts or concerns within your core values as well as any values you believe should be on your list.

1. _____

2. _____

3. _____

4. _____

5. _____

Conflicts / Concerns
