

## Identifying Values

Values are foundational beliefs that anchor our lives. They are the things that matter most and are non-negotiable parts that speak of who we are.

1. Read the list below and put a star by those words or phrases that you think best illustrate your values. The list is not in any order.
2. If you have values not listed, add them.
3. Now go back and looking at the ones you started put a circle around the top ones. Keep it to 12-15.
4. Reflection questions
  - a. Why did you choose those ones?
  - b. How do you see them in your life right now?

Accomplishment	Affirmation	Ambition
Authenticity	Beauty	Being a model
Being in Control	Caution	Career
Collaboration	Communicating	Community
Compassion	Competence	Completion
Consistency with Biblical teaching	Creativity	Determination
Diligence	Efficiency	Elegance
Encouragement	Excellence	Experiencing Pleasure
Excitement	Faithfulness	Family
Forgiveness	Forward looking	Freedom
Fulfillment	Fun	Gentleness
Good taste	Growth	Hard work
Honesty	Humility	Humor
Impacting People	Independence	Influence
Inspiring others	Integrity	Joy
Lack of pretense	Love of learning	Love
Loyalty	Marriage	Making money
Mentoring	Nuturing	Obedience
Orderliness	Patience	Peace
Perfection	Performance	Persistence
Personal Power	Physical Vitality	Productivity
Purity	Quality	Recognition
Relaxation	Respect for People	Respect for life
Respect for the environment	Risk taking	Security
Self-esteem	Self-expression	Sensitivity
Servanthood	Service	Sexual Fulfillment
Silence	Simplicity	Sincerity
Solitude	Spiritual growth	Stability
Success	Temperance	Tolerance
Tongue Control		

Reflection questions

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

B. How do you see them in your life right now?

Value: \_\_\_\_\_

A. Why did you choose those ones?

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