

Your Personal Values

Step 1: Begin with faith. Spend time meditating, and enter into openness before God.

*“Search me, God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.”*

– Psalm 139:23-24 NIV

Your Notes:

Step 2: Consider the list of values, and select your top 20-40 values. In the process to help you identify your values, consider the following:

1. Mountain Top Experiences: Think of a mountain top moment or experience you’ve had in your life. What stands out to you? What was happening inside and around you? What value(s) were you living out at the time?
2. Ignored Values: Think of a time you were annoyed or upset. What was happening inside of you? Around you? What value(s) were being ignored at this time?
3. What do you need in life to experience aliveness? Some examples: artistic expression, health and fitness, excitement and adventure, beauty and wonder, personal growth and development.

Your Notes:

Step 3: Group the personal values that are alike (20-40 is too many to intentionally cultivate).

Examples of groupings:

- A. Happiness, fun and freedom
- B. Improvement, personal development and growth
- C. Contentment, tranquility and calmness

Your Notes:

Step 4: Highlight the main theme from each value group.

Example: The main theme of the following grouping may be integrity.

Grouping: Honesty, openness, integrity, wisdom, directness, courage

Your Notes:

Step 5: Choose your top 5-10 top values after searching your heart.

* Research shows that 5-10 values are most effective for you to focus on in order to live by them intentionally.

Your Notes:

Search Your Heart

Ask yourself: What values are essential to my life? What values most powerfully represent my connection to God?

After searching your heart, list your top 5-10 values here
(See the values list on the next page):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

*“People can’t live with change if there’s not a changeless core inside them.
The key to the ability to change is a changeless sense of who you are,
what you are about and what you value.”*

– Stephen R. Covey

We show what we truly value by our behaviour. How will your values guide your decisions and the ways you choose to spend your time and your life?

Choosing Your Values

| | | |
|------------------------|----------------|----------------------|
| Accountability | Flair | Patience |
| Accuracy | Freedom | Peace |
| Achieving | Friendliness | Perseverance |
| Adventure | Fun | Personal Development |
| Assertiveness | Generosity | Philanthropy |
| Availability | Gratitude | Playfulness |
| Balance | Growth | Potential |
| Belonging | Happiness | Privacy |
| Boldness | Hard Work | Professionalism |
| Calmness | Harmony | Punctuality |
| Charity | Health | Quality |
| Clear-Mindedness | Honesty | Reflection |
| Commitment | Hopefulness | Relationships |
| Community | Humility | Respect for Others |
| Competence | Humour | Responsibility |
| Confidence | Imagination | Rest |
| Connectedness | Improvement | Risk |
| Contentment | Independence | Safety |
| Continuous Improvement | Innovation | Self-Control |
| Conviction | Integrity | Sense of Humour |
| Cooperation | Justice | Serenity |
| Courage | Kindness | Service |
| Creativity | Knowledge | Success |
| Curiosity | Leadership | Sustainability |
| Dependability | Learning | Teamwork |
| Determination | Liberty | Timeliness |
| Directness | Listening | Traditional Living |
| Diversity | Loyalty | Tranquility |
| Education | Meticulousness | Trust |
| Effectiveness | Moderation | Uniqueness |
| Efficiency | Neatness | Valor |
| Empowerment | Openness | Vision |
| Excellence | Optimism | Warmth |
| Excitement | Ownership | Wisdom |
| Fitness | Partnership | Work/Life Balance |