

## Values Exercise

This exercise will help you clarify your core values, those things most important to you, and then prioritize them to give you added clarity. Please follow the steps outlined below and take your time. Pray for wisdom and discernment as you do this exercise, then the strength to act according to your values.

**Step 1** – Review the values listed on the next page and feel free to add any you do not see. Make sure this list is as complete as possible before you begin.

**Step 2** – As you review the list again, circle your 12 most important values.

**Step 3** – Now cross off five values of lesser importance, leaving only seven.

**Step 4** – Review this list again and cross off four more values, leaving only the top three values on the list.

**Write the remaining three values here:**

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**Step 5** – Finally, prioritize the remaining three values by adding a one for most important, two for second most important and three for the third most important.

Now you know the top three values in your life. Make sure your decisions, actions, thoughts, and words align with these values. When you line up your actions with your values, you have far less stress, make sound decisions, have more confidence, and better time management. This also shows you who you authentically are. . .the person God made you to be.

### Walking the Talk

Now that you have clarified what is most important to you, it is essential you take the next step and align your actions with your values. Failure to act in accordance with your values -- in a principled way -- creates a disservice to yourself and others. When you have clarified what is most important, the challenge then becomes resisting the urge to compromise when work, social pressures, and immediate gratification tempt you to deviate from what is most important. This vital concern is apparent in all areas of life and often shows up when we make choices that determine how we spend our time. Since most of us have more opportunities and demands on us than we could ever fully satisfy, we need to carefully examine how our values connect with how we spend our time.

Acting in agreement with one's values has even more profound benefits when one is in leadership and able to influence numbers of others. When you act in accordance with your core values (i.e., act in a principled way), you do the "right thing" for its own sake, but you get the added bonus of being a more influential leader. People tend to be more receptive to the persuasive appeals of principled leaders. Principled leaders have more credibility and engender a higher level of trust. There is less concern that a principled leader will mislead or have a hidden agenda.

As we discover our values and acquire the discipline to live in agreement with them, we begin to see how they will support the passion that drives us to achieve our God-given purpose.

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## My Values Choices

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| 01. Accomplishment     | 46. Focus               | 91. Partnership           | 136. Wisdom  |
| 02. Accuracy           | 47. Forgiveness         | 92. Passion               | 137. Worship |
| 03. Achievement        | 48. Freedom             | 93. Patience              | 138. _____   |
| 04. Acknowledgement    | 49. Friendships         | 94. Peace                 | 139. _____   |
| 05. Adventure          | 50. Fun/Entertainment   | 95. Perfection            | 140. _____   |
| 06. Alone Time         | 51. Generosity          | 96. Perseverance          |              |
| 07. Ambition           | 52. Gentleness          | 97. Personality           |              |
| 08. Authenticity       | 53. Genuineness         | 98. Physical Fitness      |              |
| 09. Balance            | 54. Grace               | 99. Power & Authority     |              |
| 10. Beauty             | 55. Growth              | 100. Presence             |              |
| 11. Boldness           | 56. Happiness           | 101. Pride                |              |
| 12. Calm               | 57. Harmony             | 102. Productivity         |              |
| 13. Challenge          | 58. Health & Wellness   | 103. Purity               |              |
| 14. Character          | 59. Helpfulness         | 104. Reading God's Word   |              |
| 15. Collaboration      | 60. Honesty             | 105. Recognition          |              |
| 16. Comfort            | 61. Honor               | 106. Reliability          |              |
| 17. Community          | 62. Hope                | 107. Resilience           |              |
| 18. Compassion         | 63. Humanity            | 108. Resourcefulness      |              |
| 19. Comradeship        | 64. Humility            | 109. Respect              |              |
| 20. Confidence         | 65. Humor               | 110. Responsibility       |              |
| 21. Connectedness      | 66. Idealism            | 111. Romance              |              |
| 22. Contentment        | 67. Independence        | 112. Safety               |              |
| 23. Contribution       | 68. Influence           | 113. Self-control         |              |
| 24. Cooperation        | 69. Innovation          | 114. Self-esteem          |              |
| 25. Courage            | 70. Integrity           | 115. Self-expression      |              |
| 26. Creativity         | 71. Intelligence        | 116. Service              |              |
| 27. Curiosity          | 72. Intimacy            | 117. Simplicity           |              |
| 28. Dedication         | 73. Intuition           | 118. Sophistication       |              |
| 29. Determination      | 74. Joy                 | 119. Spaciousness         |              |
| 30. Directness         | 75. Kindness            | 120. Spirituality         |              |
| 31. Discernment        | 76. Knowledge           | 121. Spontaneity          |              |
| 32. Discovery          | 77. Learning/Study      | 122. Stability            |              |
| 33. Ease               | 78. Leaving a Legacy    | 123. Strength             |              |
| 34. Effortlessness     | 79. Listening           | 124. Success/Life Purpose |              |
| 35. Empowerment        | 80. Love                | 125. Tact                 |              |
| 36. Enthusiasm         | 81. Loyalty             | 126. Teamwork             |              |
| 37. Environment        | 82. Making a Difference | 127. Thankfulness         |              |
| 38. Excellence         | 83. Material Success    | 128. Thoughtfulness       |              |
| 39. Excitement         | 84. Mental Sharpness    | 129. Tolerance            |              |
| 40. Fairness           | 85. Nature              | 130. Tradition            |              |
| 41. Faith              | 86. Nice Home           | 131. Trust                |              |
| 42. Fame               | 87. Optimism            | 132. Truth                |              |
| 43. Family             | 88. Order/Organization  | 133. Understanding        |              |
| 44. Financial Security | 89. Opportunity         | 134. Unity                |              |
| 45. Flexibility        | 90. Participation       | 135. Vitality             |              |