

IDENTIFYING 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 your values in the spaces provided. Try to circle between twelve and fifteen words. These are the values 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	Determination	Genuineness
Affirmation	Diligence	Good taste
Ambition	Efficiency	Growth
Authenticity	Elegance	Hard work
Beauty	Encouragement	Honesty
Being a model	Enlightenment	Humility
Being in control	Excellence	Humor
Career	Excitement	Impacting people
Caution	Experiencing pleasure	Independence
Collaboration	Faithfulness	Influence
Communicating	Family	Inspiring others
Community	Forgiveness	Integrity
Compassion	Forward looking	Joy
Competence	Freedom	Lack of pretense
Competition	Frugality	Love
Consistency with	Fulfillment	Love of Learning
Biblical teaching	Fun	Loyalty
Creativity	Gentleness	Making money
Marriage	Respect for life	Success
Mentoring	Respect for people	Temperance
Nurturing	Respect for the	Tolerance
Obedience	environment	Tongue control
Orderliness	Risk taking	Tranquility
Patience	Security	Trust
Peace	Self-esteem	Truth
Perfection	Self-expression	Winning
Performance	Sensitivity	Worship

Persistence
Personal Power
Physical vitality
Productivity
Purity
Quality
Recognition
Relaxation

Servanthood
Service
Sexual Fulfillment
Silence
Sincerity
Solitude
Spiritual growth
Stability
