

## Exercise #3 Core Values Worksheet

Each of us is designed and created by God with intrinsic core values. These are our internal bottom line of what has and brings value to our life. The quote, “Give me liberty or give me death” is an example of Patrick Henry’s impassioned cry just prior to the Revolutionary War. Freedom, or liberty, was a core value that he was willing to fight for and to die for. You are “*Fearfully and wonderfully made*“, according to Psalm 139 and that includes your personal core values.

The following exercise has no right or wrong answers. This is 100% about what is important to you. The list of words is also a starting place – it is not all inclusive. If you have values that are important to you, add them to the list in the blank spaces.

### Values Worksheet

**Start by selecting 15 values, and then narrow your selection down to five values.**

Achieving	Enthusiastic	Imagination	Performance
Action-oriented	Equality	Influential	Perseverance
Appreciation	Ethical	Informative	Personable
Authenticity	Excellence	Innovation	Power
Beauty	Expertise	Integrity	Professionalism
Benevolent	Faith	Joyful	Quality
Biblical Values	Faithful	Justice	Recognition
Camaraderie	Family	Kindness	Relationships
Careful	Fearless	Knowledge	Resourceful
Caring	Forgiveness	Learning	Respect
Community	Fun	Legacy	Results-Oriented
Compassion	Generous	Love	Safety
Competence	Gentleness	Loyalty	Security
Continuous Learning	Genuine	Mastery	Spiritual
Courage	Gratitude	Meaningful	Stability
Creativity	Happy	Merciful	Strength
Creditable	Hard Work	Nurturing	Teamwork
Dedicated	Health	Obedience	Trust
Dependable	Helpful	Optimistic	Truth
Determined	Honesty	Orderly	Unity
Efficiency	Honorable	Organization	Virtuous
Encouragement	Hope	Peace	Wisdom
Energetic	Humility	Perfection	Youthful

Select 15 Values	Select 10 Values	Select 5 Values
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	Hint: What is unmovable for you? Where do you draw a line and will not cross it?
7.	7.	
8.	8.	
9.	9.	
10.	10.	
11.	Hint: where do your peace and your passion lie?	
12.		
13.		
14.		
15.		

Your 5 core values typically do not change throughout your life. They partially define who you are and what makes you tick (and get ticked off!). It is very telling to have your significant other, friends and children do this same exercise. It often highlights why you and they see and feel differently about things.

When you look back at the Life Wheel exercise, you may see a correlation between areas that are not satisfactory and your core values. When we are in circumstances, jobs or relationships that violate or go against our core values, it creates discomfort. You have to prayerfully evaluate what God would have you do to adjust, change or fix the situation. Sometimes He gives us grace to walk through that situation and teaches us to rely on Him. Other times He will show you a better direction to go.