



TOPIC 2: EXPLORING MY CORE VALUES

Core values are things that are most important to you (for whatever reason). We all live our lives according to a set of unique core values. Our core values come from the way we were raised, experiences we've had, and from our talents, interests, and unique personalities.

To discover your core values, you must examine and clearly answer the following 3 questions:

1.) What are the highest priorities in my life?

2.) Of these priorities, which do I value most?

3.) Is what I'm doing today what really matters to me in my life?

Discovering your core values will help close the gap between your ideal reality (living your core values) and your present reality. It is a bringing together of what you do and what you value.

We know that no one is perfect, but as you write your values and action statements/descriptors, write them as you want to be (as an affirmation). Imagine yourself as the **finished** version of yourself. If you can keep the vision of your **finished** self before your eyes on a daily basis, you will find it easier to **do** the things that will help you **be** the person you want to **be**.

As those things that are of greatest importance in your life begin to emerge on paper, you will experience a sense of clarity and purpose unlike anything you have felt before. And you'll also find that the act of identifying and writing them down will suggest many things that will start you on the road to doing something about those values.

Discovering your core values will become the foundation of your personal productivity i.e. goals, daily tasks...

I recommend taking it a step further, and writing what it will look like when you are living into your core value. For example, let's say one of your core values is financial freedom. You might write, "**when I am living into this core value I'm not receiving calls from bill collectors and I can take spontaneous day trips without financial worry.**"

The goal is to be able to see what **tangible actions** would signify when you're living into your value, and what anticipate feeling when you're living into your core value. Clarity is so essential.



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(Examples of Values with Affirmations/Action Statements)

Family:

- a. I am present mentally, emotionally and intimately with my husband
- b. I am distraction free for my children
- c. I am present for my children's events

When I am living into my value of Family, I am experiencing the joy of laughter, rest and unity with my husband and children.

Service:

- a. I listen to the voice of God when prompted to walk with someone
- b. I listen to the voice of God when prompted to share a word with them

When I am living into my value of service, I am experiencing the joy of another experiencing God and his love. I am happy and overflowing with excitement.

Travel:

- a. I have went on 2 trips that require air transportation in a year
- b. I have went on 3 "staycations" in a year

When I am living into my value of travel, I am experiencing relaxation and calm.

Financial Freedom:

- a. I have no debt
- b. I don't let my income source control my time.
- c. I have a safe and secure home

When I am living into my value of Financial Freedom, I am experiencing a carefree attitude about money. I feel liberated!

Order:

- a. My home is organized
- b. My home is clean
- c. My planner is up to date

When I am living into my value of order, I am experiencing total peace and tranquility.



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Which of these words mean the most to you? Pick no more than 7. (Feel free to use words that are not on this list.)

Integrity	Passion	Concern
Honesty	Seeing the world	Integration
Gentleness	Adventure	Making a difference
Authenticity	Diversity	Volunteering
Accountability	Travel	Financial freedom
Do what you say	Change	Stewardship
Directness	Movement	Frugality
Sincerity	New challenges	Overflow
Strength	Opportunity	Sharing
Character	Enthusiasm	Benevolence
Follow-through	Starting things	Life-long learning
Sacrifice	Entrepreneurial	Investment
Legacy	Motivation	Success
Family	Progress	Recognition
Marriage	Inspiration	Community outreach
Duty	Renewal	Career advancement
Honor	Healing	Efficiency
Heritage	Relationship	Accomplishment
Responsibility	Team	Focus
Harmony	Community involvement	Purpose
Security	Belonging	Achievement
Stability	Depth	Building
Peace	Being known	Leadership
Home	Intimacy	Mastery
Thoughtfulness	Commitment	Competence
Practicality	Friendship	Precision
Nurture	Communication	Excellence
Love	Gentleness	Doing it well
Beauty	Compassion	Planning
Romance	Caring	Being knowledgeable
Freedom	Emotion	Principles
Exploration	Spiritual life	Rationality
Creativity	Health	Nature
Fun	Devotion	The outdoors
Artistic	Passionate pursuit	
Spontaneity	Worship	
Flexibility	Generosity	
Knowledge	Service	
Identity	Reflection	
The search	Reaching out	
Meaning	Evangelism	
Influence	Changing the world	
Truth	Hospitality	



MY CORE VALUES

List your core values in order of importance. Create action statements for each core value.

Core Value: _____

Descriptors/Actions to be taken:

Summative Statement:

What it will look like when I am living into the value of _____

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