Circle the words that represent your Values in this season of your life. Don’t over think or over analyze. These should reflect where you are today, not where you’d like to be.

Integrity

Honesty

Genuineness

Authenticity

Accountability

Do what you say

Directness

Sincerity

Strength

Character

Follow-through

Sacrifice

Legacy

Family

Marriage

Duty

Honor

Heritage

Responsibility

Harmony

Security

Stability

Office

Home

Thoughtfulness

Practicality

Nurture

Love

Beauty

Romance

Freedom

Exploration

Creativity

Fun

Artistic

Spontaneity

Flexibility

Knowledge

Identity

The Search

Meaning

Influence

Truth

Passion

Seeing the World

Travel

Change

Movement

New challenges

Opportunity

Enthusiasm

Starting things

Entrepreneurial

Motivation

Progress

Inspiration

Renewal

Healing

Relationship

Team

Community

Belonging

Depth

Being known

Intimacy

Commitment

Friendship

Communication

Gentleness

Compassion

Caring

Emotion

Spiritual life

Health

Devotion

Passionate pursuit

Worship

Generosity

Service

Reflection

Reaching out

Evangelism

Changing the world

Hospitality

Concern

Integration

Making a difference

Volunteering

Financial independence

Stewardship

Frugality

Overflow

Sharing

Benevolence

Life-long learning

Investment

Success

Recognition

Community Involvement

Career Advancement

Efficiency

Accomplishment

Focus

Purpose

Achievement

Building

Leadership

Mastery

Competence

Precision

Excellence

Doing it well

Planning

Being Knowledgeable

Principles

Rationality

Nature

The outdoors

List your “Very Important” Values:

1. 6.

2. 7.

3. 8.

4. 9.

5. 10.

Rank your “Very Important” Values in order of importance to your heart, 1 being most important and 10 being the least.

1. 6.

2. 7.

3. 8.

4. 9.

5. 10.

List 3 things that you need to change to honor your “Very Important” Values:

1.

2.

3.