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A Deeper Dive: Discovering Your Core Values

Step 1: Discovery

1. Highlight values you are currently living out well.
2. Underline values you aspire to grow in.
3. Put a star ★ next to the ones that energize you the most.

- | | | | | |
|------------------|-----------------|---------------|----------------|-------------------|
| • Accountability | Determination | • Gentleness | • Justice | • Prayerfulness |
| • Adaptability | • Diligence | • Grace | • Kindness | • Respect |
| • Balance | • Empathy | • Gratitude | • Love | • Resilience |
| • Boldness | • Encouragement | • Growth | • Loyalty | • Responsibility |
| • Charity | • Excellence | • Honesty | • Mercy | • Self-Control |
| • Commitment | • Faith | • Hope | • Obedience | • Self-Discipline |
| • Compassion | • Faithfulness | • Hospitality | • Openness | • Service |
| • Contentment | • Fairness | • Humility | • Patience | • Stewardship |
| • Courage | • Forgiveness | • Integrity | • Peace | • Teamwork |
| • Creativity | • Generosity | • Joy | • Perseverance | • Trustworthiness |
| | | | | • Wisdom |

Step 2: Narrow Your Focus (Clarity)

- From the list, circle 10 → cut down to 5 → choose your Top 3 "Guiding Values."
- Think of it this way: If someone described you at your best, which 3 values would they name?

Step 3: Value Stories (Meaning)

- Reflection question: Think of a moment in your life when you felt proud, fulfilled, or 'your best self.' Which value was present in that moment?



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Step 4: Value Gaps (Awareness)

- Reflection question: Which value do you most often neglect or compromise? What is the cost when you do?
- What is one small action you can take this week to strengthen this value and bring it back into alignment with how you want to live and lead?

Step 5: Action Step (Application)

- Reflection: Choose ONE of your top values. What's one practical way you will live this out in the next 7 days?
- And who will you share this with to help support you toward growth?
- Example: If "Generosity" is a top value → This week I will write a note of encouragement or give my time to someone in need.

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Soul Questions

5 soul questions that can help you bring your heart, values, words, and actions into alignment:

- Am I living today in a way that reflects what I say I believe?
- Do my words build trust, or do they create distance between who I want to be and how I show up?
- Where in my life am I compromising my values for comfort, approval, or fear?
- If others only saw my actions—not my intentions or words—what would they say I value most?
- What step can I take today to close the gap between the person I am and the person I am called to be?

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