



Workshop Homework: Core Value Assessment

Understanding our values – the principles that guide how we want to live our lives – is the first pillar of insight. Values help us define the person we want to be, which sets the stage for how we engage with the world, treat and shepherd others, and set boundaries. Here are a few questions to help you better understand yours.

- 1. What key values were you raised with? Does your current belief system reflect those values, or do you see the world differently than you were brought up to sit it?**

What values were you raised with?	Does your current belief system reflect those values?
1.	
2.	
3.	
4.	

**2. What were the most important events or experiences of your childhood and young adulthood?
How did they shape your view of the world?**

My most important events and experiences	How they shaped my view of the world

3. At work and in life, whom do you most respect and what do you respect about them?

Person	What do you most respect about them?

4. Whom do you least respect and what makes you feel that way?

Person	What makes you feel that way?

5. Who is the best (and the worst) boss you've ever had, and what did he/she do to earn that moniker?

	What did he/she do?
My best boss	
My worst boss	

6. When it comes to raising a family or Shepherding/mentoring others, what behaviors would you MOST and LEAST want to instill?

Behaviors I <u>MOST</u> want to instill	Behaviors I <u>LEAST</u> want to instill
1.	1.
2.	2.
3.	3.

7. Based on your answers above, circle your Six most important values and copy them into the table below. Then, next to each value, jot down a few thoughts on how you are (or should) be bringing that value to life. Feel free to add any values that are not listed.

Acceptance	Contribution	Friendship	Inner Peace	Order	Self-Esteem
Achievement	Cooperation	Fun	Intimacy	Passion	Self-Knowledge
Attractiveness	Courtesy	Generosity	Justice	Pleasure	Service
Accuracy	Creativity	Geniuses	Knowledge	Popularity	Sexuality
Adventure	Dependability	God's Will	Leisure	Power	Simplicity
Authority	Duty	Growth	Loved	Purpose	Solitude
Autonomy	Ecology	Health	Loving	Rationality	Spirituality
Beauty	Excitement	Helpfulness	Mastery	Realism	Stability
Caring	Faithfulness	Honesty	Mindfulness	Responsibility	Tolerance
Challenge	Fame	Hope	Moderation	Risk	Tradition
Change	Family	Humility	Monogamy	Romance	Virtue
Comfort	Fitness	Humor	Nonconformity	Safety	Wealth
Commitment	Flexibility	Independence	Nurturance	Self-Acceptance	World Peace
Compassion	Forgiveness	Industry	Openness	Self-Control	

List your six most important values below:

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Reflection: How do these values support my relationship with God and my legacy?