

Core Values Worksheet*

Take a look at this random list of words and phrases. As you do, circle any that feel important to you. Resist the temptation to pick words you think you should pick and go for the ones you really want to pick.

Abundance
Accomplish
Acquire
Adaptable
Adventure
Alert
Alter
Articulate
Artistic
Assemble
Assist
Attain
Attract
Awe
Be accepting
Be amused
Be awake
Be aware
Be connected
Be integrated
Be joyful
Be linked
Be passionate
Be present
Be sensitive
Be spiritual
Beauty
Bravery
Build
Calm
Capable
Cause
Coach
Comfort
Community
Compassionate
Complete
Conceive
Congruent
Connection
Contentment
Control

Courage
Danger
Dare
Dedication
Delight
Dependable
Design
Detect
Devotion
Direct
Discern
Distinguish
Drama
Dream
Educate
Elegance
Emphasize
Encourage
Endeavor
Endow
Energize
Energy
Energy flow
Enjoy
Enlighten
Enroll
Entertain
Equip
Excellence
Exhilaration
Experiment
Expert
Explain
Facilitate
Family
Flexible
Foster
Freedom
Fun
Function
Gamble
Glamour

Govern
Grace
Grant
Gratitude
Greatest
Guide
Have fun
Health
Holy
Honest
Honoring
Humor
Imagination
Impact
Improve
In touch with
Influence
Inform
Ingenuity
Inquisitive
Inspire
Instruct
Integrate
Integrity
Invent
Jesus-centered
Laugh
Learn
Love
Magnificence
Mastery
Minister
Model
Move forward
Observe
Open-minded
Orchestrate
Originality
Outdo
Patient
Peaceful
People

Core Values Worksheet*

Perceive
Perfect
Persevere
Persuade
Plan
Playful
Pleasure
Prepare
Prevail
Provide
Quest
Radiance
Realize
Refine
Reign
Relate to God
Religious
Respond
Responsible
Risk
Romance
Rule
Satisfied
Score
Security
See
Seek

Sensation
Sense
Serenity
Serve
Set standards
Sincere
Space
Spark
Speculate
Spirit
Spontaneous
Sports
Stimulate
Strengthen
Superiority
Support
Synthesize
Symmetry
Taste
Tenderness
The unknown
Thoughtful
Thrill
To catalyze
To contribute
To create
To discover

To experience
To feel
To feel good
To glow
To lead
To nurture
To relate
To teach
To unite
To win
Touch
Transform
Triumph
Trustworthy
Truth
Turn
Uncover
Understand
Unique
Uplift
Unstick others
Venture
Vulnerable
Wealth
Win over

Once you've circled all the words and phrases you want, add any additional words or phrases that you feel are important that may not have been on the list:

- 1.
- 2.
- 3.
- 4.
- 5.

Core Values Worksheet*

Now, narrow the list to ten and write them here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

PRAYER BREAK

Take a minute to read over the list carefully and pray over it. Ask God to show you who He has created you to be.

Now, narrow the list even further. Choose the four words that are most important (to you!) of all. There is no perfect answer.

- 1.
- 2.
- 3.
- 4.

This can be used as a test run of your Core Values...

*adapted from "Stand Up for Your Life" by Cheryl Richardson