

Determine and Live Your Core Values

This exercise will help you to determine what you really value in life and start to live it. Once you know what is most important can then center your life and let your core values guide your daily decisions. Whatever does not fit with your values you can now say “no” to with great freedom and you can start to say “yes” to what fits with who you are and what you believe.

On the next pages cut out all the boxes, large and small.

In front of you place the box, “**As I process life decisions, this is how I value.....**”. Now, below that place the next cards “**These are most valuable to me,**” “**These are valuable to me,**” and “**These are not valuable to me**” in a row.

Now arrange all of the value words under one of these three cards keeping in mind what is valuable to you as you process major life decisions.

The goal is to end up with ONLY 5-8 words under the “very valuable” column and to have the rest of the words split fairly equally under the other two columns.

What you have placed in the “very valuable” column are your core values and should be the foundation for how you live your life.

Are you living out your core values?

Does your life wheel match up with your core values?

If you were to redefine every part of your life wheel based on your core values, what would you change? Add? Delete?

Find one area of your life wheel to start to adjust to what you truly value. Watch your life become what you want it to be as you start to live from the core of who you are.

After you have finished this exercise, if you would like greater direction in how to transform your life to be values based you can go back to www.make-my-christian-life-work.com for a downloadable ebook on living from the core.

**“In making life decisions,
I value these.....”**

These are most valuable to me

These are valuable to me

These are not very valuable to me

Cooperation	Variety	Accuracy
Conformity	Recognition	Tolerance
Competition	Power	Advancement
Stability	Prestige	Perseverance
Competency	Fairness	Generosity

Responsibility	Loyalty	Tradition
Efficiency	Artistic expression	Authenticity
Learning	Personal development	Balance
Service	Influence	Financial security
Control	Independence	Leisure
Love	Religious beliefs	Nature
Location	Family	Security
Friendship	Flexibility	Aesthetics
Happiness	Humor	Integrity
Contribution	Challenge	Peace
Adventure	Self-respect	Organization
Achievement	Creativity	Physical fitness & health