

## Appendix F

### Identifying Values

Values are foundation beliefs that anchor our lives, the things that matter to us the most, the non-negotiable characteristics that best describe who we are. Look over the following list and circle the words or phrases that best illustrate your values. If you have values not listed on the list, add your values in the spaces provided. Try to circle no more than 12 or 15 words. These are the values that best describe you, even though there may be others that apply as well. (The words and phrases below are not listed in any special order of importance).

Accomplishment  
Affirmation  
Ambition  
Authenticity  
Beauty  
Being a model  
Being in control  
Caution  
Career  
Collaboration  
Communicating  
Community  
Compassion  
Competence  
Competition  
Consistency with Biblical teaching  
Creativity  
Determination  
Diligence  
Efficiency  
Elegance  
Encouragement  
Enlightenment  
Excellence  
Experiencing pleasure  
Excitement  
Faithfulness  
Family  
Forgiveness  
Forward looking  
Freedom  
Frugality  
Fulfillment  
Fun  
Gentleness  
Genuineness  
Good taste  
Growth  
Hard work

Honesty  
Humility  
Humor  
Impacting people  
Independence  
Influence  
Inspiring others  
Integrity  
Joy  
Lack of pretense  
Love of learning  
Love  
Loyalty  
Marriage  
Making money  
Mentoring  
Nurturing  
Obedience  
Orderliness  
Patience  
Peace  
Perfection  
Performance  
Persistence  
Personal Power  
Physical vitality  
Productivity  
Purity  
Quality  
Recognition  
Relaxation  
Respect for people  
Respect for life  
Respect for the environment  
Risk taking  
Security  
Self-esteem  
Self-expression  
Sensitivity  
Servanthood  
Service  
Sexual fulfillment  
Silence  
Sincerity  
Solitude  
Spiritual growth  
Stability  
Success  
Temperance  
Tolerance  
Tongue control

Tranquility  
Trust  
Truth  
Winning  
Worship

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