

# Core Values Worksheet

What really matters to you?

What values help govern how you live your life?

What values do you want to pass on to your children?

People make decisions according to "core values." However many have never taken the time to articulate just what those values are. When you have values in conflict, it can lead to frustration with yourself or with those around you. Knowing your core values helps you prioritize life to you can say "no" to good things so you can say "yes" to the best things.

If one of your core values is, "Family" and you consistently work so many hours that you rarely have time to spend with them, your real core value is, "Work" as it takes precedence over your family. This project is designed to help you surface what your real core values are. It is not meant to be a list of values you would like to have. Core values can and do change for some so this is also a chance to put a plan in place. There is additional work you can do with your family in order to come up with a set of family core values.

## What are your personal core values?

Answer the following questions individually:

A. Take some time and list as many values as you can (see the list below for ideas):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

B. Out of this list, designate your top five core values in order of priority:

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

C. Reflect on your lifestyle and how you spend your time. Beside each core value answer the question, "On a scale of 1 to 10, how well does your life reflect your core values?" Be specific.

## For Couples

Read over each other's list of core values. Which values can you affirm in your mate's list? How do your mate's values complement yours? (Be specific. Try to list at least three ways.)

- 1.
- 2.
- 3.

## Developing a unified list

Interact as a couple:

A. Share your answers from Part One. In what areas do you agree and disagree with each other's conclusions? Where are you different? Talk about how you need one another for balance.

B. Now develop a unified Top 7-10 Core Values list (in order of priority):

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

D. Close in prayer together, confessing any failures in this area and asking God to enable you to live according to your core values.

E. If you have older teens you can also take some time and work through each other's lists and see how their values line up with yours.

# Developing a plan for installing core values

A. Select one of your Top 10 Core Values to examine.

B. How well does your life reflect this core value? Also, what are you doing right now to model and to teach this value to your children?

C. Write down your thoughts about your child's personality, behavior style, and various strengths and weaknesses and how this might affect how you teach and model this value to him.

D. What influences outside your home are helping or hindering you live out this value? What influences outside your home are helping or hindering your family from living out this value?

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

E. What ideas do you have for positively reinforcing (i.e. think about ways other than punishment) your family to live by this core value? If you are a parent think of proactive ways you can positively instill and reinforce this value with your children.

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

Note: Repeat questions A-E for each core value that you agree needs examination.

What are three things you want to start doing this week in order to begin instilling your core values in your child?

Special thanks to [FamilyLife.com](http://FamilyLife.com) for some of the resources used in this worksheet.

# Core values list

Below is a list of example core values and can be used to narrow down your own list. This is not an exhaustive list of every core value. It is simply a way to help you brainstorm. A fun activity with older kids and teens would be to have them list as many possible core values (that are realistic) and the person who generates the largest list gets a prize, choosing where to go for dinner or a family adventure. Alternatively have them list a sibling or parent's values.

## Spiritual values

- Faith
- View life from God's agenda
- Humble
- Fear (reverence) of God
- Dependence upon God
- Biblical truth
- Forgiving
- Full of hope
- Submissive

## Civic and cultural values

- Law-abiding
- Social-minded
- Convictions about specific issues

## Relational values

- Respect for others
- Friendly
- Gracious
- Compassionate
- Trustworthy
- Fair
- Loyal
- Merciful
- Caring
- Thoughtful
- Helpful
- Giving
- Generous
- Authentic
- Patient
- Community
- Respect
- Openness

## Family values

- Commitment to your mate
- Commitment to each other as a family
- Level of importance of grandparents/relatives

## Personal/development

- Personal health convictions
- Developing skills and hobbies
- Cleanliness
- Discipline
- Continually learning
- Work ethic

## Character values

- Honest
- Loving
- Truthful
- Faithful
- Obedient
- Teachable
- Morally pure
- Financially ethical

## Other

- Mission mindset
- Achievement
- Excellence
- Adventure
- Balance
- Challenge
- Creativity
- Curiosity
- Determination
- Humor
- Influence
- Justice
- Knowledge
- Leadership
- Meaningful Work
- Optimism
- Poise
- Relevance
- Reputation
- Responsibility
- Security
- Service
- Wisdom