

## **SESSION 2: PERSONAL VALUES EXERCISE**

### **Welcome, Review Last Week's Study/LIFE Starter Journalling: 15 minutes**

Discuss the "priorities" questionnaire and your talk with those closest to you.

### **Session #2 Teaching: Personal Values Exercise: 5 minutes**

We started this program with a real practical, but challenging subject of busyness to make a point of re-evaluating your priorities. Today, we are going to be ultra-practical again and review your personal values. Values are the bridge between principles and behavior. Our value system acts as the "operating system" driving our everyday thoughts and behavior.

Consider what the prophet Haggai said to the Israelites when they realized their priorities were way out of whack:

"Now, therefore, thus says the LORD of hosts: Consider your ways. You have sown much, and harvested little. You eat, but you never have enough; you drink, but you never have your fill. You clothe yourselves, but no one is warm. And he who earns wages does so to put them into a bag with holes." Thus says the LORD of hosts: Consider your ways. Go up to the hills and bring wood and build the house, that I may take pleasure in it and that I may be glorified, says the LORD. You looked for much, and behold, it came to little. And when you brought it home, I blew it away. Why? declares the LORD of hosts. Because of my house that lies in ruins, while each of you busies himself with his own house."

#### **Haggai 1:5-9**

God was realigning their value system that would in turn drive their decision making and behavior. God's principles are external laws that are permanent, unchanging, and universal in nature. Values, on the other hand, are internal and subjective, and they may change over time.

I purposely didn't take much time today, to give you a lot of space to get through this 5-step personal values process. Please start by reading ahead and look at the entire process, so you best understand where it is taking you. That will give you the ability to get the most out of this process TODAY. We will NOT have any interaction as a group today, as I want you to spend the entire time on this process. Don't stress about getting it done during your time together. If you don't finish, take your time and spend some quality time during the week thinking this through. This will be a critical part of the next parts of this study, so please take this seriously!

### **Individual Application – Personal Values Exercise: 35 minutes**

#### **Step 1. Determine your top values:**

Use the list, on the next page, of common personal values to help you get started.

#### **Step 2. Prioritize your top values:**

Jim Collins, author of "Good to Great" said: "If you have more than 3 priorities, you have no priorities."

#### **Step 3. Reaffirm your values:**

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

#### **Step 4. Answer defining questions:**

Now it's time to answer some specific questions about your values in order to start "operationalizing" those values into an action plan.

### Step 5. Operationalize your values:

Operationalizing our values means that we have to live-out our values in our behaviors and skills in a way others can see them and experience them.

## STEP 1: Determine your top values, based on your experiences of fulfillment:

Use the following list of common personal values to help you get started. Start by circling the top 10 values you feel drive you. Don't overthink it at this point. After you pick your top 10, narrow them down to 5. Walk away from this exercise for a few hours and then come back to it and aim to land on your 3 top values.

### VALUES LIGHT OUR WAY

ACCEPTANCE	FINANCIAL STABILITY	PARENTING
ACCOUNTABILITY	FORGIVENESS	PATRIOTISM
ACHIEVEMENT	FREEDOM	PATIENCE
ADAPTABILITY	FUN	PEACE
ADVENTURE	GENEROSITY	PERSEVERANCE
ALTRUISM	GIVING BACK	POWER
AMBITION	GRATITUDE	PRIDE
AUTHENTICITY	GROWTH	RECOGNITION
BALANCE	HARMONY	RELAXATION
BEAUTY	HEALTH	RELIABILITY
BEING THE BEST	HELPFULNESS	RESPECT
BELONGING	HOME	RESPONSIBILITY
CAREER	HONESTY	RISK-TAKING
CARING	HOPE	SAFETY
CHALLENGE	HUMILITY	SECURITY
COLLABORATION	HUMOR	SERVICE
COMMITMENT	IMAGINATION	SILENCE
COMMUNITY	INCLUSION	SIMPLICITY
COMPASSION	INDEPENDENCE	STILLNESS
COMPETENCY	INTEGRITY	SPIRITUALITY
COMPETITIVENESS	INITIATIVE	STEWARDSHIP
CONFIDENCE	INTELLIGENCE	SUCCESS
CONNECTING	INTUITION	TEAMWORK
CONTENTMENT	JOY	THRIFT
CONTRIBUTION	JUSTICE	TIME
COOPERATION	KINDNESS	TRADITION
COURAGE	KNOWLEDGE	TRAVEL
CREATIVITY	LEADERSHIP	TRUST
CURIOSITY	LEGACY	TRUTH
DIGNITY	LEARNING	UNDERSTANDING
DIVERSITY	LEISURE	UNIQUENESS
EFFICIENCY	LOVE	USEFULNESS
ENCOURAGEMENT	LOYALTY	VISION
ENTHUSIASM	MAKING A DIFFERENCE	VULNERABILITY
ETHICS	NATURE	WEALTHY
EXCELLENCE	OPENNESS	WELLBEING
FAIRNESS	OPTIMISM	WHOLEHEARTEDNESS
FAITH	ORDER	WISDOM
FAMILY	ORGANIZATION	

## Step 2. Review your lists and prioritize your top values:

This step is probably the most difficult, because you'll have to look deep inside yourself. It's also the most important step, because, when making a decision, you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you. Jim Collins, author of "Good to Great" said: **"If you have more than 3 priorities, you have no priorities."** Using that comment, let's keep our combined top values down to the Final Three. This step is probably the most difficult, because you'll have to look deep inside yourself. It also is the most important step, because when making decisions, you must know which value is most important to you.

- Write down your top values, not in any particular order.
- Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualize a situation in which you would have to make that choice. For example, if you compare the values of service and stability, imagine that you must decide whether to sell your house and move to another country to do valuable foreign aid work, or keep your house and volunteer to do charity work closer to home.
- Keep working through the list, by comparing each value with each other value, until your list is in the correct order.

### My TOP Priorities:

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## Step 3. Reaffirm your values:

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

- Do these values make you feel good about yourself?
- Are you proud of your top three values?
- Would you be comfortable and proud to tell your values to people you respect and admire?
- Do these values represent things you would support, even if your choice isn't popular?

When you consider your values in decision making, you can be sure to keep your sense of integrity and what you know is right, and approach decisions with confidence and clarity. You'll also know that what you're doing is best for your current and future happiness and satisfaction.

Making value-based choices may not always be easy. However, making a choice that you know is right is a lot less difficult in the long run.

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## Step 4. Answer defining questions:

- What values will help you find your way in the dark?
- Which one creates a direct path to your purpose?
- What value helps me to come alive in a new way?

As you consider your top 3, ask yourself:

- Do these define me?
- Are these representing who I am at my best?
- Do they make my eyes smile?
- Can these be used as a filter by which to make hard decisions?

## Step 5. Operationalizing your values:

Operationalizing our values means that we have to live-out our values in our behaviors and skills in a way others can see them and experience them. Making them real and actionable promotes trust and supports our relational desires.

**So, take each value you have identified and define 2 actions to make it come alive:**

My **first** value is: \_\_\_\_\_

To make my value an action, I need to:

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My **second** value is:

To make my value an action, I need to:

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My **third** value is:

To make my value an action, I need to:

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