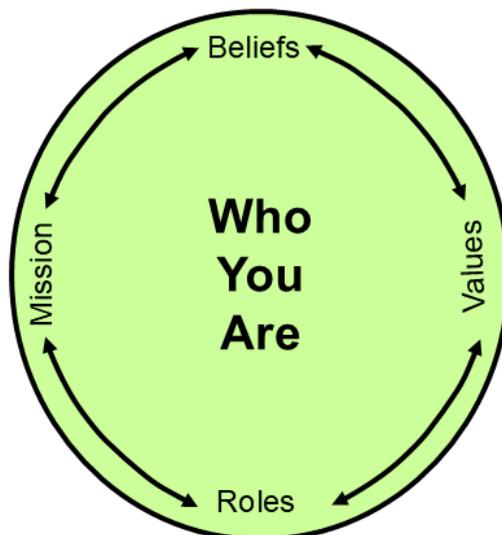


Being Me – Doing What Matters Most

The first four insights will focus on “Who You Are.”



Insight #1 is **Know Your Values**

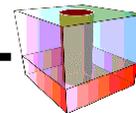
CORE VALUES

Our **VALUES** are “What we believe to be of greatest importance and of highest priority in our lives.” -- Hyrum W. Smith, *What Matters Most*

“Maturity is achieved when a person postpones immediate pleasures for long-term values.” - Joshua L. Liebman (1907 - 1948), American Rabbi and Author

“If a man hasn't discovered something that he will die for, he isn't fit to live.” - Martin Luther King, Jr. (1929 - 1968), American Clergyman and Activist

“It's very important for people to know themselves and understand what their value system is, because if you don't know what your value system is, then you don't know what risks are worth taking and which ones are worth avoiding.” – Dr Benjamin Carson, Surgeon



The Bible gives some insight about values:

Matthew 6:33 “But first, be concerned about his kingdom and what has his approval. Then all these things will be provided for you.” (God’s Word)

Matthew 16:26 “What will you gain, if you own the whole world but destroy yourself? (CEV)

Philippians 4:8 “Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise. (NLT)

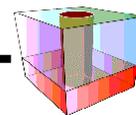
“The most important thing is to decide what is most important”

What Are My CORE VALUES?

- What matters most to me?
- What do I stand for?
- What are the values by which I operate?

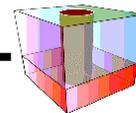
Step one: **List the top values which guide your decision making.**

_____	_____
_____	_____
_____	_____
_____	_____



Step two: To ensure that you have pinpointed the values which really matter most to you, look through the list below and circle other values you strongly embrace but which may not have come to mind. Add them to your list.

Achievement	Family	Originality
Adventure	Financial success	Patience
Affluence	Flexibility	Peace
Authenticity	Freedom	Persistence
Balance	Friendship	Perspective
Candor	Gentleness	Physical fitness
Challenge	Godliness	Power
Christ-likeness	Goodness	Proactive
Cleverness	Happiness	Profitability
Collaboration	Hard work	Prosperity
Commitment	Health	Purposefulness
Community	Helpfulness	Purity
Compassionate	Holiness	Recognition
Competency	Honesty	Relationship
Control	Honor	Respect
Cooperation	Hope	Responsibility
Courage	Humility	Righteousness
Creativity	Humor	Security
Dependability	Influence	Self-control
Discipleship	Initiative	Self-respect
Discovery	Innovation	Service
Diversity	Integrity	Sincerity
Duty	Intentional	Spirituality
Economic security	Joy	Stewardship
Effective	Justice	Strength
Efficiency	Kindness	Success
Empowering	Knowledge	Support
Enjoyment	Learning	Teamwork
Excellence	Life	Thankfulness
Excitement	Love	Tolerance
Fairness	Loyalty	Trust
Faith	Obedience	Truth
Faithfulness	Order	Wisdom



Three Coaching Hints

1. Hierarchy of Values

One of the keys to identifying your top or core values, it to identify those values that trump other values. For example, you might value honesty and caring for your family. If you had to choose between those two, which one comes out on top. We all have a hierarchy of values. **Your core values are those that trump all others.**

2. Number of Core Values

We all have many, many values. The problem is we can't keep them all in focus all the time. This is why it is crucial to identify your core values and keep them in focus. **It is usually best to limit your core values to 5-7.**

3. Why do I value this?

If you are having difficulty limiting the list, ask yourself, "WHY do I value this?" as you consider a value. This helps you find your real core motivation.

Step three: Rank the values you have identified in steps one and two to determine your top 3 to 5 CORE values.

1

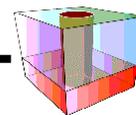
2

3

4.

5.

Adapted from Ken Blanchard & Michael O'Connor. *Managing By Values*. San Francisco: Berrett-Koehler, 1997. Page 112.



Additional steps recommended in “What Matters Most: The Power of Living Your Values” are:

1. Write your values in the first-person present tense.
2. Write a sentence that clarifies what the value means to you.
3. State your value as an affirmation of how you will live your life when it is fully implemented.
4. Prioritize your values.

This approach is to write your values as you aspire to live them, to help you identify what your life will look like if you actually live your values.

...So someone who has “health” as a core value might write:

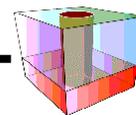
“I am living a healthy lifestyle. I am eating right, exercising, getting enough rest and avoiding harmful lifestyle choices.”

...Someone who embraces “growth” as a core value might write:

“I am continually growing in my spiritual, emotional and physical life. I am consistent in devotions, study and practical obedience to Christ. My relationships and my thought life are healthy. I eat, sleep and exercise in a consistent, healthy routine.”

These statements are in the first-person present, have a clarification sentence and state the value as it will be when it is fully implemented.

Try writing your values as described above.



MY TOP CORE VALUES

1.

2.

3.

4.

5.

Over the next weeks and months, see if your behaviors line up with your core values. If they do, you probably are right on track. If they don't, either these are not really your values, or you are living out of alignment with your own heart.