Values Characteristics & Discovery Questions

Values are:

1. Passionate:
2. Unique:
3. Assumed:
4. Lived:
5. Lasting:

Values are not:

1. Goals:
2. Aspirations/Dreams:
3. Principles:
4. Doctrinal Statements:
5. Vision:

4 Characteristics:

1. Short:
2. Unique:
3. Unpack-able:
4. Now:

Discovery Questions for values:

1. Why is that important to you?
2. What things, if they were taken away or you couldn’t do them, would make life unbearable? What makes these things valuable to you?
3. When making important decisions, what are the fundamentals you base them on?
4. Where do you invest the best of your time/money/energy? Why?
5. What are your soap box issues? Your deep concerns?
6. What excites you most in life?

\*\*Taken from Christian Life Coaching Handbook by Tony Stolzfus (page 169)