

Flourishing in the Garden

Week 3: Finding Your Values

VALUES ARE THINGS IN LIFE THAT WE FOCUS ON OR PRIORITIZE. THEY CAN HELP US GUIDE OUR THOUGHTS, PURPOSE, AND ACTIONS AS WE MOVE THROUGH LIFE. WHILE SOME VALUES MIGHT STAY WITH US, OTHERS MIGHT FALL AWAY TO MAKE SPACE FOR NEW VALUES.

EXPLORE THE VALUES LISTED BELOW AND PICK YOUR TOP 6 VALUES

FRIENDS	RESPECT	JOY	PURPOSE	LOVE	CLARITY
PLAY	SAFETY	COMMUNITY	GROWTH	FAMILY	ACCEPTANCE
POWER	CREATIVITY	TRUST	AUTHENTICITY	UNDERSTANDING	RESPONSIBILITY
LEARNING	CELEBRATION	COMPASSION	REST	PEACE	BEAUTY
HARMONY	GROWTH	SUPPORT	GROWTH	HEALTH	TEAMWORK

NARROW IT DOWN TO 3 MAIN VALUES

