

FINDING YOU

DISCOVER YOUR PERSONAL VALUES AND LIFE MISSION



About Brandon Hair

I really love seeing people discover and live out their purpose.

With a background in youth ministry, I've spent many years helping teenagers navigate the awkward seasons of not knowing who they are. One thing I have learned over the years is that there are just as many adults asking the same question.

While discovering your personal values won't answer all of those questions, its a great start that sets you on a path to discover deeper meaning and purpose. I hope you'll take this journey toward *Finding You!*

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CONTENTS

01	Introduction	5
02	Pause	8
03	Identify Your Values	11
04	Craft Your Value Statements	13
05	Build Your Mission Statement	15
06	Building A Life Of Purpose	17
07	Conclusion	20
APPENDIX	Worksheets & Resources	A-1



**Ask yourself what is really
important and then have
the courage to build your
life around the answer.**

- Anonymous

01

INTRODUCTION



Introduction to Personal Values

Unfortunately, for many, personal values have become, at best, undefined or unimportant. For some, they are completely disregarded. As members of humanity, we have been pulled in many different directions, handed many competing narratives, and told by keyboard warriors across the globe that we should all value the same things at the same time. Further, those things will be determined not by our own personal convictions and experiences, but by what the prescribed value of the day happens to be.

This is confusing, it's tiresome, and truthfully, it's unhealthy. Attempting to live out someone else's prescribed personal values will leave you exhausted, it will make you bitter, and it will leave you overwhelmed.

On the other hand, having a clearly defined set of personal values that matter to you is the first step in living a life that is filled with purpose, passion, and clarity. By embarking on the journey that follows, you will identify your core values and learn to live them out. Additionally, you will create language around your values that helps you clearly define what is important to you, but more importantly, what isn't. Finally, you will craft a mission statement for your life and learn how to put it into practice. At the end of these exercises, you will have a filter through which you can make decisions that line up with who you are and why you exist.

What Are Personal Values

Personal values are simply, the things that matter most to you. They are your central beliefs and the things that drive you. They are the things you wake up thinking about and the things that give you life and energy as you move through the day. Your personal values are the things that you jump at the chance to say yes to or be a part of. They are the things that break your heart or make you angry when they are violated. Personal values are what drive us and move us forward.

Our personal values, once discovered, should rarely, if ever, change. They are not a temporary or fleeting feeling. Instead, they are deeply ingrained and have been forming in you since childhood. They are not chosen randomly based on the climate of the moment but are instead pillars that help form your identity. They are the sum of your life experiences, your upbringing, and your worldview. This may all sound daunting, but be encouraged, personal values are not created, they are discovered. You don't have to pull them out of thin air, you pull them from within. Scripture tells us that "we are [God's] workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them" (Eph. 2:10). We were created by God on purpose with a purpose. Our personal values have been placed in us to guide us toward those good works and help us live that purpose.

Why Do Personal Values Matter?

When our personal values are clearly defined, we are free to sprint forward with our life and our goals. To the contrary, when our personal values are unclear or non-existent, we often flounder through life unsure of which paths to take. Clear personal values allow us to allocate our time well and protect our calendars from the things that don't line up. Without personal values our calendars tend to be overrun with the urgent and filled beyond capacity because we don't know how to say, "no." Our personal values are the primary factors in defining our purpose.

Our personal values can provide a filter for all, and I do mean all, of our life's decisions. While "all" can sound extreme, it is an accurate statement. For example a value of physical health can help you determine big things like whether you will take a desk job versus one that requires a lot of movement; all the way down to the small things like should you order a milkshake or a water with your dinner. That doesn't mean people with a value of physical health can't have desk jobs or milkshakes, its just something they would pay attention to and find ways to balance in other areas of their lives. The filter that personal values provides can be applied to anything including which job you take, who you are in relationships with, where you live, how you spend your money, and how you spend your time. And while it may sound limiting, it is actually quite freeing. You will never feel more free and more alive than when you are living a life that aligns with your values.

How It Works

Defining your values is a simple, but not always easy process. In the first phase you will sort through a list of potential values. While there are many on the list, the goal is remove items from the list until you find the five values that make you, you.

In the next phase, you will create language around each of your values that will help define and clarify what each value means to you. This will help you see where each value is active in your life and provide you with clear, easily shareable language.

Then, you will craft your mission statement. In this phase, you will take your five values and work to create a memorable and repeatable phrase that you can come back to time and time again to make sure your living on purpose.

Finally, you'll learn how to put your values and mission statement to work. You will begin to use those values as a filter for the steps you take going forward. This phase has the potential to be a little scary. You may be asking, "What if my values don't align with the life I am living?" Because our values are discovered based on our life experiences, at least some key parts of your life will align. However, there may be some areas that require change. We'll discuss that more when you get there! For now, be prepared to discover a little more of who God has created you to be and get ready to have the tools you need to live a life that is fulfilling and fun. Get ready to discover, you!

NOTE
*Before you dive into
the next section, print
out the worksheets
found in the appendix.*



02

PAUSE



Setting A Course For Success

My family loves a good road trip. There is something exciting about getting in the car and getting on the road. On one such road trip, we drove from Omaha, Nebraska, to Charleston, South Carolina, to Disney World in Florida, and back. We spent over 40 hours in the car over the course of about ten days. It was an incredible trip. We got to celebrate birthdays, experience big milestones, and spend a lot of time talking, laughing, and having fun together. There is something special about going on a long trip as a family. We've done quite a few road trips like this and while they have all had different destinations, they always start the same way. We get in the car, we map to the first destination, and then, we pray. We pray for protection, we pray that God's will would be done, and we pray that we have a lot of fun making memories together.

Starting out the right way is a crucial part of any journey. If you head out in the wrong direction, getting to your destination becomes, at worst, impossible and, at best, inconvenient. Starting out in the right way always requires a pause. A pause allows you to prepare your map, double check the destination, and, most importantly, pray.

Since the goal in this journey is to discover a part of how God has created you and who he is calling you to be, you cannot neglect inviting him into the process. Before diving into the work of identifying your values, pause and use the following prayer exercise. If you are anything like me, you will be tempted to skip this part and just get to work. This would be much like heading south when you should be going west. You'll get somewhere, but it probably won't be the right place.

Prayer Exercise

Set aside 20-30 minutes to complete the following prayer exercise. Use the space provided to journal your thoughts.

1 OPENING PRAYER

Take some time to invite God into the process. Thank him for creating you on purpose and with a purpose. Thank him for the plans he has for your life. Surrender to His will and ask him to make clear your role in His story.

2 PAUSE TO LISTEN

Sit in silence for 5 minutes. Listen to what God may be saying to you. What encouragement would he give as you seek to discover your values and purpose.

3 RECALL PAST EXPERIENCES

Our values can often be found through exploring past experiences. Pray and ask God to help you recall experiences that were formative or identity shaping. What are 2-3 of those experiences and what did they teach you about who God has called you to be?

4 CLOSING PRAYER

Pray for wisdom and clarity. Pray that God will help you to discern who he has called you to be. Pray that he would help you to throw off any expectations that aren't from Him and instead focus on who he's created you to be. After closing your prayer, collect any additional thoughts that come to mind.

Now that the destination is set and you are headed in the right direction, let's get on the road to finding you.

03

IDENTIFY YOUR VALUES



Identify Your Values

Welcome to the part of the journey where the “work” begins. At this point, you will work through the process of identifying your core values. While identifying your values is very important, cutting out the ones that aren’t your values is even more crucial.

In this section, you’ll work to narrow down your values list to five core values. It’s important that you narrow it down to only five. You may be tempted to add a few more but you can’t truly value that many things. Remember, if you value everything, you actually value nothing.

If you haven’t already, print the worksheets from the appendix and then begin the process.

The Process

1 STUDY THE LIST

Familiarize yourself with the values list (see appendix.) and make sure you understand their meanings. There is also space to add a few of your own. Notice your response to each word. Which words make you excited? Which words make you uncomfortable? Which words make you angry when they are violated? As you walk through the next step, ask yourself these questions regularly.

2 CUT, CUT, CUT

This list can look overwhelming. There are nearly 300 words that are all very important and highly valuable... to someone. They are not necessarily important and valuable to you. That is ok. In this section, you are going to eliminate those words from the list. Eliminating some of these items will be easy, they are obvious no’s. Cross them out.

3 CUT SOME MORE

At this step, you have to be ruthless and authentic to who you are. You can’t base your values on guilt, culture, or pressure. You must base them on who God has uniquely created you to be. Be encouraged, every word you remove from this list matters deeply to someone. By removing them from your list, you get out of the way of people who do value those items.

4 NOTICE COMMON THEMES AND CATEGORIZE

At this point, read over your list and notice words that seem to fit together. For example, words like giving, generosity, and charity, while not the same, have a similar theme. Create five columns (see appendix) and attempt to sort your remaining words into those five columns based on their shared themes. There may be some that are outliers and don’t fit any of your categories. This could mean one of two things. It could mean that this is one of your five values. Congrats! That was easy! Alternatively, and maybe a little more likely, it could mean its an outlier that doesn’t fit you. If that’s the case, cut it.

5 FINALIZE YOUR LIST AND IDENTIFY YOUR VALUES

Take your five lists and summarize each list with ONE word or phrase. (And by phrase I mean something like “Personal development,” not “Giving charitably and generously in pursuit of vision and self-actualization.” That’s cheating. ONE concise value.) You can do it. Once you finish this step, the fun part begins! Add your values to the values worksheet (see appendix) and move to the next phase.

04

CRAFT YOUR VALUE STATEMENTS



Craft Your Value Statements

Now we're at one of the most fun parts of the process; creating your value statements. Our language leaves a lot of room for interpretation. Without context, so will your values. In this part of the process, you will draft a statement for each value that communicates exactly what that value means to you. The goal is to remove ambiguity and help you keep your values focused. This is an opportunity for you to create clarity for yourself and those with whom you share your values. The more clear you make these statements, the more effective your values will be as filter.

There is not much of a process to this part other than just writing the statement. Use the "My Values Worksheet" (see appendix) to capture your thoughts. In order to help as you craft your own, here are a few examples of values and accompanying statements.

EXAMPLE

1**ADVENTURE**

Live a story worth telling and invite others to co-author.

2**LEADERSHIP**

Lead well from a place of gratitude and service.

Don't get stuck or overwhelmed here. There are no right or wrong answers. There are only your answers and your statements. Remember these are personal to you. Your values are not about anyone else's values or expectations. They are about bringing your life into alignment with who God has called you to be. Once you have your value statements crafted, move on to the next part!

05

BUILD YOUR MISSION STATEMENT



Build Your Mission Statement

This section is where you put it all together. You've identified your five values and written statements to clarify each. Now it's time to synthesize those statements into one brief statement that summarizes who you are. This may sound limiting but the opposite is true. The goal is to create a memorable and repeatable statement that answers the question, "What do I want people to say about me?"

Like your value statements, there is no right way to do this and there are no wrong answers. Simply look through your values and discover what you already know. Below you will find my own example to help get you started.

EXAMPLE

MY VALUES AND VALUE STATEMENTS

1 FAITH

My faith in Jesus Christ and my spiritual growth to be like Him while seeking to gain wisdom and understanding is the top driving force in my life.

2 RELATIONSHIPS

My wife, then family, then friends, and ministry. Through my relationships I will seek to help others be more fulfilled and purposeful.

3 ADVENTURE

Live a story worth telling and invite others to co-author.

4 LEADERSHIP

Lead well from a place of gratitude and service.

5 INTEGRITY

Make decisions and speak consistently with who God has called me to be. Stay true to his description of me.

MY MISSION STATEMENT

I exist to be a trustworthy leader, who regularly hears from God, and is relentless in pursuit of God's will for my life, family, and ministry.

Now, get to work writing yours. Again, ask yourself, "What do I want people to say about me?" or, "How would I like to be described?"

06

BUILD A LIFE OF PURPOSE



Build A Life of Purpose

Now that you've created your values, clarified their meanings, and written your personal mission statement, everyone in your life will automatically respect those values and the accompanying boundaries. Unfortunately, this is not how it works. Now that you have your values and mission statement identified, the real work begins. You have to understand that no one knows about these values except you and no one will care about them unless you do. So, how do we take our values from this piece of paper and make them a part of our lives.

First, learn them. You need to commit them to memory and remind yourself of them often. When someone presents you with an opportunity, ask yourself, does this honor my values? Does this make my mission statement more true or less true. The more you allow your values to filter your thought process, the more natural it will become.

Second, use them. Again, no one will honor your values if you don't. If you are constantly doing things counter to your values, others will believe you don't actually value them. And guess what, they will be right. There is a difference between a declared value and an actual value. That difference is practice. Practice your values until they become automatic.

Finally, give yourself grace. As with any system, there are times when exceptions will happen. There are times when one of your values competes with another one of your values. For example, I value relationships and adventure. My wife is not a huge thrill seeker. So, from time to time, I have to put my adventure value aside in order to pour into my relationship value. It's ok to make exceptions, just make sure they are in fact, exceptions and not the rule.

When you get serious about your values, there are some things that may have to go. You may have to end some relationships, quit some activities, or walk away from some opportunities. This may be painful but its going to allow you to live your fullest and most fulfilling life. While that seems daunting or scary, there is good news. Your values don't only tell you what to cut out, they also confirm the things that give you life and energy. There are parts of your life that align perfectly with your values. Go all in on these things!

Put It Into Practice

Start putting your values into practice now. Complete the exercise below. Use the space provided to journal your thoughts.

- 1 List the relationships, activities, hobbies, and responsibilities that align with your values.

2 How can you devote more time to these things?

3 List the relationships, activities, hobbies, and responsibilities that do not align with your values.

4 How can you begin to cut, delegate, or minimize time spent doing these things.

07

CONCLUSION



Congratulations!

Congratulations on identifying your personal values. While it is a simple exercise, its not always easy to live out. As you commit to your values, you'll have more joy, more focus, and you'll be more present where you are. You may have questions that arise from this exercise and I want to encourage you to ask them! You can process your findings with a trusted friend, or you can email me at brandon@brandonhair.me. I would love to help you process.

Thanks for taking the time to walk through this exercise. The world needs more people like you who know what they value and why they're here. Now, go live it out. Live out your values, live out your purpose, and make a difference in the world around you! Congratulations on finding you!

APPENDIX

WORKSHEETS AND RESOURCES



The Values List

Abundance	Charisma	Diversity	Gentleness
Acceptance	Charity	Efficiency	Giving
Accomplishment	Clarity	Emotional Intelligence	Goodness
Accountability	Cleanliness	Empathy	Grace
Accuracy	Clear	Encouragement	Gratitude
Achievement	Cleverness	Endurance	Growth
Adaptability	Coaching	Energy	Happiness
Adventure	Comedy	Enjoyment	Hard Work
Affection	Comfort	Entertainment	Harmony
Alertness	Commitment	Enthusiasm	Health
Alone Time	Communication	Entrepreneurship	Honesty
Altruism	Community	Equality	Honor
Ambition	Compassion	Ethical	Hope
Appreciation	Competence	Excellence	Humility
Artistry	Confidence	Excitement	Humor
Assertiveness	Conformity	Exhilaration	Imagination
Attentive	Consciousness	Experience	Implementation
Authenticity	Consistency	Expertise	Independence
Authority	Contentment	Exploration	Individuality
Autonomy	Contribution	Faith	Influence
Awareness	Control	Faithfulness	Ingenuity
Balance	Cooperation	Fame	Innovation
Beauty	Courage	Family	Insightfulness
Bliss	Courtesy	Fearless	Inspiring
Boldness	Creativity	Finesse	Integrity
Bravery	Credibility	Fitness	Intelligence
Brilliance	Curiosity	Focus	Intimacy
Calmness	Decisiveness	Foresight	Intuition
Capable	Dedication	Forgiveness	Joy
Careful	Dependability	Free Time	Justice
Caring	Determination	Freedom	Kindness
Certainty	Devotion	Friendship	Knowledge
Challenge	Dignity	Fun	Laughter
Change	Discipline	Generosity	Lawfulness

The Values List Continued...

Leadership	Planning	Saving Money	Support
Learning	Playfulness	Security	Surprise
Leisure	Pleasure	Self-Actualization	Sustainability
Listening	Poise	Self-Control	Sweetness
Liveliness	Popularity	Self-Development	Teamwork
Logic	Positive Attitude	Self-Discipline	Temperance
Love	Positive Impact	Self-Love	Thankful
Loyalty	Positivity	Self-Motivation	Thorough
Management	Power	Self-Preservation	Thoughtfulness
Mastery	Pride In Your Work	Self-Reliance	Tidiness
Maturity	Problem-Solving	Self-Respect	Timelessness
Meaning	Productivity	Selflessness	Tolerance
Mentorship	Professionalism	Sensitivity	Toughness
Moderation	Profit	Serenity	Tradition
Motivation	Promise Keeping	Service	Tranquility
Natural Living	Prosperity	Sharing	Transparency
Non-Conformity	Protecting Others	Showing Appreciation	Travel
Non-Violence	Purpose	Silence	Trust
Obedience	Quality	Simplicity	Trustworthiness
Openness	Quality Time	Sincerity	Understanding
Optimism	Receprocity	Skillfulness	Uniquess
Order	Recognition	Social Justice	Unity
Organization	Reliability	Socializing	Vision
Orginality	Religion	Solitude	Vitality
Passion	Reputation	Speed	Vivaciousness
Patience	Resourcefulness	Spirituality	Warmth
Patriotism	Respect	Spontaneity	Wealth
Peace	Responsibility	Stability	Welcoming
Peace of Mind	Restraint	Status	Wellness
Peacefulness	Results-Oriented	Stewardship	Winning
Persistence	Righteousness	Strength	Wisdom
Personal Development	Rigor	Structure	Wit
Personal Expression	Romance	Success	Work-Life Balance

Themes Worksheet

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
THEME	THEME	THEME	THEME	THEME

My Values Worksheet

Value 1	
Statement	

Value 2	
Statement	

Value 3	
Statement	

Value 4	
Statement	

Value 5	
Statement	