

Which Values will you plant in the soil of your heart in order for God to grow His character in you and through you?

Definitions are provided for the “*Ingredients of Healing*” values (in *Blue Italics*), as well as for the Fruit of the Spirit (in **BLUE CAPS**), and for the descriptors of AGAPE (in **BOLD UNDERLINE**).

1. Abundance	55. Camaraderie	109. Ecstasy	161. Friendliness
2. ACCEPTANCE	56. Candor	110. Education	162. Friendship
3. Accessibility	57. Capability	111. Effectiveness	163. Frugality
4. <i>Accomplishment</i>	58. <i>Care</i>	112. Efficiency	164. Fun
5. Accountability	59. Carefulness	113. Elation	165. Gallantry
6. Accuracy	60. Certainty	114. Elegance	166. <i>Generosity</i>
7. Achievement	61. Challenge	115. <i>Empathy</i>	167. Gentility
8. Acknowledgement	62. <i>Change</i>	116. Empowering	168. GENTLENESS
9. Activeness	63. <i>Change of Heart</i>	117. <i>Encouragement</i>	169. Giving
10. Adaptability	64. CHERISHED	118. <i>Endurance</i>	170. <i>Goal(s)</i>
11. Adoration	65. Collaboration	119. <i>Energy</i>	171. <i>Good</i>
12. Adroitness	66. Comfort	120. Enjoyment	172. Good Hearted
13. <i>Admonishment</i>	67. Commitment	121. Entertainment	173. GOODNESS
14. Advancement	68. Communication	122. Enthusiasm	174. <i>Grace</i>
15. Adventure	69. Communion	123. Environmentalism	175. Gratitude
16. Affection	70. <i>Compassion</i>	124. ESTEEM	176. Gregariousness
17. Affluence	71. Concern	125. Ethics	177. Grounded
18. <i>Agree/Agreement</i>	72. <i>Confession</i>	126. Euphoria	178. Growth
19. Agility	73. Confident	127. Excellence	179. Guidance
20. Alertness	74. Congruence	128. Excitement	180. Happiness
21. Altruism	75. <i>Consciousness</i>	129. Exhilaration	181. Harmony
22. Amazement	76. Cooperation	130. Expectancy	182. <i>Healing</i>
23. Ambition	77. <i>Correct</i>	131. Expediency	183. Health
24. Amusement	78. Courage	132. Experience	184. <i>Hear</i>
25. Anticipation	79. Creativity	133. Expertise	185. <i>Heart</i>
26. Appreciation	80. Curiosity	134. Exploration	186. <i>Helpfulness</i>
27. Approachability	81. Daring	135. Expressiveness	187. Heroism
28. <i>Approval</i>	82. Decisiveness	136. Extroversion	188. Holiness
29. Art	83. Decorum	137. Exuberance	189. Honesty
30. Articulacy	84. Deference	138. Fairness	190. HONOR
31. Artistry	85. Delight	139. <i>Faith</i>	191. <i>Hopefulness</i>
32. Assertiveness	86. Dependability	140. FAITHFULNESS	192. Hospitality
33. Assurance	87. Depth	141. Family	193. <i>Humility</i>
34. <i>Attentiveness</i>	88. <i>Desire</i>	142. Fascination	194. Humor
35. Attractiveness	89. Determination	143. Fashion	195. Hygiene
36. Audacity	90. DEVOTION	144. FAVOR	196. <i>Imagination</i>
37. Availability	91. Devoutness	145. Fearlessness	197. <i>Impact</i>
38. Awareness	92. Dexterity	146. Fellowship	198. Impartiality
39. Awe	93. <i>Dialogue</i>	147. Fidelity	199. Imperfection
40. Balance	94. <i>Dignity</i>	148. Financial Independence	200. Inclusiveness
41. Beauty	95. Diligence	149. <i>Finish Together</i>	201. Independence
42. Being the best	96. Direction	150. Firmness	202. Individuality
43. Belonging	97. Directness	151. Fitness	203. Industry
44. Benevolence	98. Discipline	152. Flexibility	204. Influence
45. Bliss	99. Discovery	153. Flow	205. Ingenuity
46. Boldness	100. Discretion	154. Fluency	206. Inquisitiveness
47. Boundaries	101. Diversity	155. Focus	207. Insightfulness
48. Bravery	102. Dreaming	156. <i>Forgiveness</i>	208. Inspiration
49. <i>Bring Together</i>	103. Drive	157. Fortitude	209. Integrity
50. Brilliance	104. Duty	158. Frankness	210. Intellect
51. Broad-minded	105. Dynamism	159. <i>Freedom</i>	211. Intelligence
52. <i>Build Up</i>	106. Eagerness	160. <i>Freedom in Thinking</i>	212. Intentionality
53. Buoyancy	107. Ease		213. Intimacy
54. Calmness	108. Economy		214. Intrepidity

215. Introspection	272. Outdoors	332. Resolution	392. Tasteful
216. Introversion	273. Partnership	333. Resolve	393. Teaching
217. Intuition	274. <i>Partake</i>	334. Resourcefulness	394. Teamwork
218. Intuitiveness	275. PATIENCE	335. RESPECT	395. Temperance
219. Inventiveness	276. Passion	336. <i>Responsibility</i>	396. <i>Thankfulness</i>
220. Investing	277. PEACE	337. <i>Rest</i>	397. <i>Thoroughness</i>
221. Involvement	278. Perceptiveness	338. Restraint	398. Thoughtfulness
222. JOY	279. Perfection	339. Reverence	399. <i>Thought Process</i>
223. Judiciousness	280. Perseverance	340. Richness	400. Tidiness
224. <i>Just</i>	281. Persistence	341. Rigor	401. Timeliness
225. Justice	282. Persuasiveness	342. Romance	402. Tolerant
226. Keeness	283. Philanthropy	343. Sacredness	403. Traditionalism
227. KINDNESS	284. Piety	344. Sacrifice	404. Tranquility
228. <i>Knowledge</i>	285. <i>Plant Together</i>	345. <i>Safety</i>	405. Transcendence
229. Leadership	286. Playfulness	346. Saintliness	406. Transparency
230. <i>Learning</i>	287. Pleasantness	347. Sanguinity	407. Trust
231. Liberation	288. Pleasure	348. Satisfaction	408. Trustworthiness
232. Liberty	289. Poise	349. Science	409. <i>True</i>
233. <i>Life/Live</i>	290. Polish	350. Security	410. Truth
234. Lightness	291. Politeness	351. SELF-CONTROL	411. <i>Understanding</i>
235. Liveliness	292. Popularity	352. Selflessness	412. Unflappability
236. Logic	293. Positivity	353. Self-Reliance	413. Uniqueness
237. Longevity	294. Potency	354. Self-Respect	414. Unity
238. LOVE	295. Power	355. Sensitivity	415. Usefulness
239. Loyalty	296. Practicality	356. Sensuality	416. Utility
240. Majesty	297. <i>Practicing Good</i>	357. Serenity	417. Valor
241. Making a difference	298. Pragmatism	358. <i>Service</i>	418. Valuing Needs
242. Marriage	299. Prayer	359. Sexiness	419. Variety
243. Mastery	300. Precision	360. Sexuality	420. Victory
244. <i>Maturity</i>	301. Preparedness	361. Sharing	421. Vigilant
245. Meaning	302. Presence	362. <i>Show Openly</i>	422. Vigor
246. Meditation	303. Pride	363. Shrewdness	423. Virtue
247. Meekness	304. Privacy	364. Significance	424. Vision
248. Mellowness	305. PRIZED	365. Silence	425. Vitality
249. <i>Mercy</i>	306. Proactivity	366. Silliness	426. Vivacity
250. Meticulousness	307. Professionalism	367. Simplicity	427. Volunteering
251. Mindfulness	308. Prosperity	368. Sincerity	428. Warmheartedness
252. <i>Ministry to Others</i>	309. Prudence	369. Skillfulness	429. Warmth
253. <i>Ministry to Self</i>	310. Punctuality	370. <i>Sobriety</i>	430. Watchfulness
254. Modesty	311. <i>Pure</i>	371. Sociable	431. Wealth
255. Motivation	312. Purity	372. Solidarity	432. Willfulness
256. Mysteriousness	313. Purposeful	373. Solitude	433. <i>Willingness</i>
257. Nature	314. Rationality	374. Sophistication	434. Winning
258. Neatness	315. Realism	375. Soundness	435. <i>Wisdom</i>
259. Negotiation	316. Reason	376. Speed	436. Wittiness
260. Nerve	317. Reasonableness	377. Spirit(ual)	437. Wonder
261. Nonconformity	318. Recognition	378. Spirituality	438. <i>Work (Result and Character)</i>
262. Non-judgmental	319. <i>Reconciliation</i>	379. Spontaneity	439. <i>Worship</i>
263. Nurturing	320. Recreation	380. Stability	440. Worthiness
264. Obedience	321. Refinement	381. Stillness	441. Youthfulness
265. Observance	322. Reflection	382. <i>Strength</i>	442. Zeal
266. Open-mindedness	323. Relationship	383. Structure	
267. Openness	324. Relaxation	384. Studious	
268. Optimism	325. Reliability	385. Submission	
269. Order	326. Relief	386. Success	
270. Organization	327. RELISHED	387. Support	
271. Originality	328. <i>Renewal</i>	388. Surprise	
	329. <i>Repair/Mend</i>	389. Surrender	
	330. Reputation	390. Sympathy	
	331. Resilience	391. Synergy	

1. Pick 10 – 15 values that are important to you at this time (“micro-season”) in your life.
2. Rank your chosen values in the order of priority to you.
3. Identify how each of your 7 Core Areas could help you to reach or develop your values.
4. Share your values with others who are important in your life.