



How to Anchor Your Heart and Mind on Christ

- 1. Answer the following questions to the best of your ability and where appropriate, provide Scripture to support your answers.**

How is my relationship with Jesus Christ?

What hope does Jesus give me?

Who is God to me? Describe Him.

Who am I in Christ?

What is my purpose at this time and place in history?

As a Christian, what is my mission?

How does coaching fit into my purpose as a Christian?



Knowing the answers to these questions will help you to determine who you are and what God's plans for you might be.

Here are some deeper insights from Scripture. Read Ephesians 4:1-6 and answer the following questions:

- What are the qualities of a life that is worthy of Christ? – (also see Colossians 3:12-13)

- Why are these qualities important as you follow Jesus? - (also see Colossians 4:6)

If you are going to represent Jesus as a Life Coach, it's very important that you be like Him in character and purpose.

We are therefore Christ's ambassadors, as though God were making His appeal through us. We implore you on Christ's behalf: Be reconciled to God.
2 Corinthians 5:20

Spiritual Gifts

- 2. Complete the Spiritual Gifts Survey to help you identify your God-given spiritual gifts.**

As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.
1 Peter 4:10



Every Christian has a dominant spiritual gift and many have more than one. Knowing your spiritual gifts will help you develop them as you consciously exercise them in your daily life.

Read Romans 12:6-8, 1 Peter 4: 10-11 and Ephesians 4:11-12 and answer the following questions:

- What is the importance of spiritual gifts?
- What specific spiritual gifts do you see mentioned in these Scriptures?
- What is your dominant Spiritual gift(s)? (*Take the survey below to find out if you aren't sure!*)
- How can you exercise your Spiritual gift(s) to bless others?

Please click on the link below to answer an online assessment to help you determine your Spiritual gifts. You may want to share this with your future clients to help them determine how God may be working in their lives as well.

<https://gifts.churchgrowth.org/spiritual-gifts-survey/>



Values

3. Understand what the Bible says about Christian values and clarify your own personal values.

Values are principles, standards or qualities considered worthwhile or desirable.

The values taught in the Bible come from God Himself and are often the opposite of worldly values: kindness and respect for all people instead of power; humility instead of status; honesty and generosity instead of wealth; self-control instead of self-indulgence; forgiveness instead of revenge.

Do you remember Jesus' teaching of the greatest two values (commandments)?

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.'

Matthew 22:37-39

Christian values promote love, peace, truth, and good will among people in accordance with the purposes of God.

Personal values are those principles, standards, or qualities you consider important. Values often vary greatly from person to person because they depend on your personal judgment and experiences. What values do *you* consider worthwhile or desirable? Some examples are: loving relationships, living debt-free, authenticity, working hard or having fun.

Knowing Christian values and personal values are imperative because they shape everything about you. Your relationships, behavior, choices, and personal identity are all affected by your values. Even if you cannot name all your values, they are still influencing every aspect of your life.



Identify Your Values

To start this process, you will want to make sure you have time to focus. Find a quiet space and ask yourself this question: *What is most important to me in life?*

Write down your answers to this question. Try to make one or two-word phrases like "Love," "Family," "Saving Money," or "Helping Others." Don't worry about the order of importance or trying to think of every value.

If you find it challenging to identify your personal values, please refer to the Core Values Exercise on the next page. As you go through that exercise, write down the values that you feel are most important. Try not to choose the values you *think* you should have but choose the ones you find truly important in your life.

Once you have created an authentic list of values, it's time to prioritize them. You can do this by listing your top value first, then your second highest value, and so on until you've prioritized your entire list.

Now that you have ranked your personal values, it's time to examine these values closely. Are there any that you feel do not fit? Are there any you'd like to change? This can mean dropping a value, adding a value, or tweaking your priorities.



Core Values Exercise

Clear values motivate us. Clear values help us make decisions.

*Clear values are the foundation for growth. Clear values help anchor us and bring greater inner peace.
How clear are your core values? What are your Top 5 Values?*

Start by selecting 15 Values. Then narrow your selection down to 10 and eventually 5 Values.

If one of your Core Values is not listed, add it.

Accomplishment	Excitement	Lack of Pretense	Respect for the Environment
Affirmation	Experiencing Pleasure	Love	Risk Taking
Ambition	Faithfulness	Love of learning	Security
Authenticity	Family	Loyalty	Self-esteem
Beauty	Forgiveness	Making Money	Self-expression
Faith	Forward looking	Marriage	Sensitivity
Being in Control	Freedom	Mentoring	Servanthood
Career	Frugality	Nurturing	Service
Caution	Fulfillment	Obedience	Gratitude
Collaboration	Fun	Orderliness	Silence
Communicating	Gentleness	Patience	Sincerity
Community	Genuineness	Peace	Solitude
Compassion	Good Taste	Perfection	Spiritual Growth
Competence	Growth	Performance	Stability
Competition	Hard Work	Persistence	Success
Consistency with Biblical Teaching	Honesty	Personal Power	Temperance
Creativity	Humility	Physical Vitality	Health & Wellness
Determination	Humor	Productivity	Wholeness
Diligence	Impacting People	Purity	Tranquility
Efficiency	Independence	Quality	Trust
Elegance	Influence	Recognition	Truth
Encouragement	Inspiring Others	Relaxation	Winning
Enlightenment	Integrity	Respect for Life	Worship
Excellence	Joy	Respect for People	



Select 15 Values	Select 10 Values	Select 5 Values
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	Notes:
7.	7.	
8.	8.	
9.	9.	
10.	10.	
11.	Notes:	
12.		
13.		
14.		
15.		

How do your decisions and actions align with your core values?

How do you feel when your actions are not in alignment?

How do you draw boundaries around your values?



Evaluate How Your Values Should Affect Your Life

Finally, it's time to consider how your specific list of values will affect your life. If these are the things that are most important to you, how should they guide your decisions? At this point in your life, you might feel like you're not following your values very well, however, you can change that right now.

With your list of values in hand, you can evaluate any decision with intelligence and confidence. You just have to ask yourself: *What should I do in this situation if these are my guiding principles in life?* Apply this method to every area of your life, and you're sure to see your life becoming more aligned with your personal and Christian values. As your situation changes, you might need to revise your values or even more closely evaluate Scripture. Adapting to changes in your life will be crucial to your success in accomplishing your God-given purpose and goals.

Now that we've considered several ways to "anchor" yourself in God by clarifying your beliefs, spiritual gifts and values, let's consider another way that is key to preparing yourself to coach.