

WORKBOOK

# Aligned

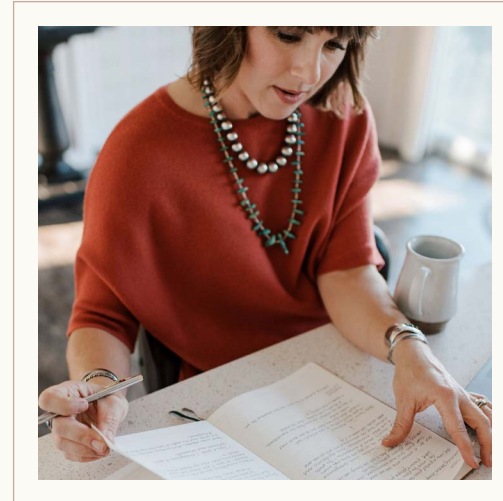
A 14-day devotional to uncover your values  
and walk in communion with Christ.



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# Course Workbook



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*We give thanks to the God and Father of our Lord Jesus Christ, praying always for you ... that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God.*

*-Colossians 1:3, 9b-10*

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# Content.

→	<b>DAY 1</b>	5
	Introduction and framework	
→	<b>DAY 2-11</b>	12
	Time to dig in	
→	<b>DAY 12</b>	23
	Self reflection	
→	<b>DAY 13</b>	26
	Let's be honest	
→	<b>DAY 14</b>	28
	Choose action	

# DAY 1

Hi. I'm Christine.

Thanks for being here. In this little workbook, we will take a look at human beliefs and behavior – i.e. your beliefs and behavior – through God's eyes, so we can get super clear on what makes us tick and how the Lord wants us to move. I've taken on this work because I'm a junkie for emotional intelligence, am a trained coach and communications expert, and had my own life flipped on its head when God revealed that I had built my entire career and personal pursuits around values that were not my own.

In 2017, my husband and I experienced a plot twist in life that threw our world into a bit of a nosedive. My career path, philanthropic endeavors, community service, and professional goals seemed to drop from beneath me. Everything I had been working to achieve over my lifetime appeared pointless in my new context. I felt confused, deceived and lost. And how could this be? I had been doing all the right things – all the things I was "supposed" to do!

It was eight months later that I found myself splayed over a table in front of my executive coach. In a huff, I flopped down in my chair, and griped, "Why am I never satisfied? I like my job; I'm well

compensated. My marriage is joyful. I've succeeded in all I've tried to achieve."

And she looked back at me and said, "I don't know, Christine. Why aren't you satisfied?"

And in that moment, induced by the turmoil, I realized that the lifestyle and goals I had been fighting to achieve were somehow very, very misaligned with who God actually hardwired me to be.

It's not that I was doing anything wrong, but I was unknowingly out of step with His calling and priorities. Through much coaching, prayer and soul work, I discovered that an internal conflict of living with inconsistent sets of values was at the core of my distress.

I had to face a series of deep questions: What do I truly value? Am I pursuing other people's values? How can I know? What does God value? And how do I need to reorient my pursuits and priorities in order to be in communion with Him?

I decided to go on a journey to really understand God's truth, my values and the incongruence of my very nice life. That journey took a lot of



introspection. I had to be very vulnerable with my spouse, my coach and my closest friends — the people who could give me honest and loving feedback. I had to be willing to walk away from goals, relationships and responsibilities that I thought were valuable and important. I had to get clear.

And after I got clear, I had to be willing to change.

Do you know what's great about living your values? The time you spend is more fulfilling. Decisions don't feel forced. It's easier to stand up for what you believe in, and it's easier to walk away from things that don't serve you. It's also easier to identify why you might be angry, judgemental, offended or frustrated (those are signs your values are being

compromised). And, most importantly, it's easier to serve the Lord when the burdens of society's expectations are no longer residing in your heart.

Maybe you've been volunteering for years at church and secretly dread your duties. Maybe you're a mom who wants to get back into the workforce but are loath to return to your former career. Maybe your heart is longing for a big change, but you're not even sure what it could be. This little workbook is meant to help you dip a toe in the water.

We are here, first and foremost, to get clear. Working through this booklet is about beginning a journey to sort out who we are and who God built us to be. It's about specifying what we value separate from the values of others. We do this work to

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.*

-Romans 8:5

*Father God, thank you for giving me the opportunity to sit quietly with you and reflect on who you are and who you created me to be. I don't always know myself fully, but you do. Your hands fashioned and made me, and you numbered the very hairs on my head. Lord God, I pray that you would fill me with your knowledge and wisdom, so I may better comprehend your plan for me.*

*God, help me to see new truths about myself. Help me to set aside pride and fear, and help me to release judgment over others and myself. I come before you humbly and with thanks, and ask that you would reveal new insights to me. Help me recognize and release values that are not my own, and help me to see more clearly the values you would like me to prioritize and pursue in your honor.*

*Amen.*

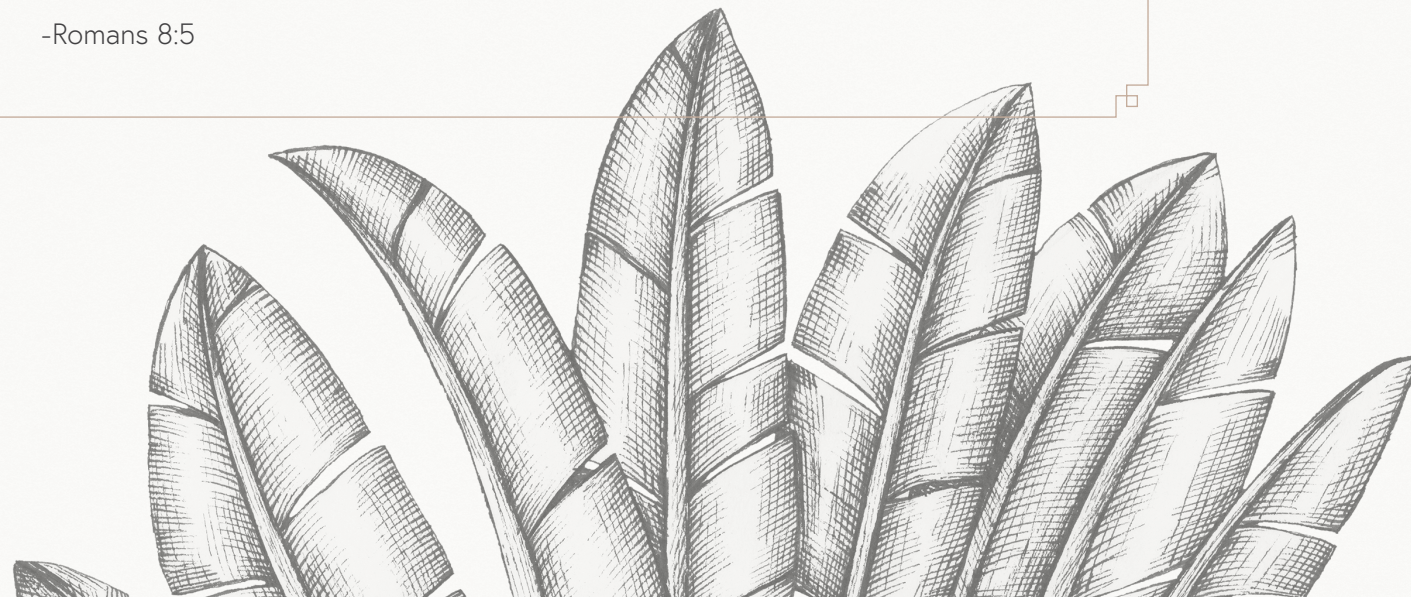
increase our emotional intelligence and decrease the dissonance we live with everyday here on earth.

Spiritual alignment occurs when our attitudes and actions (motivated by our values) are submissive to God. When this happens, we experience peace, our work is joyful, and our soul is confidently tranquil. But when our attitudes and actions are misguided, we will miss His cues, live out of step with Him and bungle opportunities to walk in obedience. If we are not able to discern and separate ourselves from the values we have adopted outside

of Him, we will experience discord – that feeling that something is *off*.

We can do fantastic work for the Lord as we are today because He is generous and merciful to meet us where we're at. But we are likely to discover unexplored and unconsidered opportunities and greater fulfillment in all aspects of our lives if we have a deeper knowledge of who we are and how He – and not the world – designed us to operate.

Let's get to it.



## So what are values anyway, and how are they different from morals?

**Values** are principles of thought and behavior, and they are ingrained in us in two ways: Through God's divine creation and as part of a person's social and psychological development. They are personal and subjective, and they can change over time. (For example, you might experience an increase in the value of personal safety or financial stability after the birth of a child.)

Values are not about moral character or ethical behavior, though living in a highly ethical way may be a value. Values are the qualities of a fulfilling life.

**Morals** are the specific ethical values we are commanded by God to prioritize and uphold. He has clearly instructed us to work hard, be charitable, and exercise restraint and self control, for example, and we are therefore required to prize these things.

Other values we hold arise from a variety of worldly beliefs. We largely adopt the values of our parents or guardians because they teach us what is important to them by the words they speak and the actions they model during our formative years. We also tend to assume the dominant values and beliefs of our friends and partners,

close communities, socioeconomic group, racial and ethnic groups, etc.

Because so many of the values we adopt (both healthy and unhealthy) come from external sources and are fostered over a lifetime, we are rarely able to identify and define the values that are intrinsically ours alone; those specifically given to us by God and not man. It's uncommon for people to consciously choose their values, and most people can't name more than a few off the top of their head.

Additionally, even if we truly share an inborn value with an outside influencer (for example, my husband and I both deeply value physical labor), our personal definition and pursuit of that value may be wildly different.

Moving through the world with our big assortment of values, we create lives – including careers, family structures, relationships and personal goals – that are often at odds with who we really are and desire to be. And we do it without even knowing.

Identifying and understanding your innate, God-given values – and figuring out the values you hold that are not, in fact, your own – is key to making wise and winsome decisions that directly align with God's desires for you. It's also the key to living a life that is more fulfilling and harmonious.

*Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor, giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality.*

*Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice, and weep with those who weep. Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.*

*Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.*

*Therefore:*

*"If your enemy is hungry, feed him;*

*If he is thirsty, give him a drink;*

*For in so doing you will heap coals of fire on his head."*

*Do not be overcome by evil, but overcome evil with good.*

-Romans 12:9-21

# What are God's values (morals)?

We cannot begin to understand ourselves before we fully grasp the nature of God, for in His image we were made.

Think about that fact: *made in His image*. Unlike all other created things, mankind was created to reflect God, to be like Him, to display His nature. Thankfully, He doesn't leave us guessing as to what that means: He has explicitly detailed His character to us through His word.

The Bible is our lifeline to understanding God (and therefore ourselves).

Here are just a few examples of God's values. **Look them over**, and then list a few others:

- Patience
- Self-control
- Wisdom
- Discipline
- Forgiveness

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**Now, define each of those values in your own words by asking yourself,**

**"What does this value mean to me?"**

You can use words, concepts or phrases.

Patience: \_\_\_\_\_

Self-control: \_\_\_\_\_

Wisdom: \_\_\_\_\_

Discipline: \_\_\_\_\_

Forgiveness: \_\_\_\_\_

It is human nature to see God through the same lens through which we view ourselves. We assume that His definitions are our definitions. But things get interesting as you begin to realize how much the world colors your views. Sit for a moment and think: Would your parent, child, best friend and spouse all give the same definitions you gave to the prompt above? No. Because we are all unique in our world view and context. **But only God's definitions matter.**

If we believe in God and also believe God, we have to pursue an understanding of His definitions as they are described in the Bible. Being made in His image means that, by design, we will only find true contentment when we mimic His nature. It is therefore incumbent upon us to discern God's morals so that we can align our views and attitudes accordingly, and that's exactly what we are going to dive into over the next 10 days. Get ready!

*Lord, thank you for giving me the opportunity to learn more about you and about myself. I want to live a life that is rich and fulfilling, and I want to behave and think in ways that honor you. As I study your Word and reflect on my own life, please grant me wisdom and help me discover something new. I want to know you and myself fully, and I thank you for coming alongside me as I work through this process.*

*Amen*



# DAYS 2-11

**How well do you know God's values?** Now it's time to commit to some reading and research. Plan to spend some significant, concentrated time with your Bible over the next 10 days. I recommend you settle yourself into a consistent routine in a place where you are comfortable, refreshed, and undistracted so you can get the most out of this exercise.

Each day for the next 10 days, you will dive deep into one of God's morals, as written above in your list. So today, for example, you will focus on patience, and tomorrow you will focus on self-control, etc.

Using the concordance in your Bible, begin reading the scriptures associated with the key words. Don't limit yourself to reading only the single verse referenced, but instead honor God by reading full passages and chapters. Some morals, like wisdom, are so important that literally entire books (like Proverbs) are written to address them. Consume as much as your time allows.

At the beginning and end of your reading time each day, pray for wisdom, knowledge and insight. Then, write out what God has to say about His values and update your definitions to reflect what you have learned.



# DAY 2

Today's moral: \_\_\_\_\_  
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Standout scriptures:















**In the space below, list five things you value aside from the 10 morals you explored earlier.** Try not to place any judgements on your values at this time; we'll have room later

for thinking through how we live out our values. If you get stuck, there is a big list of values in the back of this workbook for you to consider.

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**Now, define each of those values in your own words, as we did before, by asking yourself, "What does this**

**value mean to me?"** You can use words, concepts or phrases.

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Do any of those values jump out at you as belonging to God? If so, write an **M** next to them to designate that they are morals.

values originated. You may realize that they were instilled in you by a grandparent, congregation or teacher. Or you may conclude that the value exists within you entirely separate from your spheres of influence. Take the notes you need in the space below.

For the ones not marked with an **M**, write them below, and see if you can bring to mind where you think those

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Write a prayer asking God to help you grow and be more aware of this / these areas of your life.

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## DAY 14

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea driven and tossed by the wind.*

-James 1:2-6

### How well are you living your values?

On day 12 you created a prioritized list of five to 10 values. Now let's see how well they're showing up in your life. Assess how well you're honoring each value by scoring each one on a

scale of 1 to 10, where 10 represents optimally living the value. There's a catch to this exercise: You cannot rank anything as a seven. It's too comfortable, and I find that my clients rest on that number instead of thinking deeply.

**Value**

**Score**

Value	Score
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**Sit for a moment and think through those scores.** If you scored yourself at a six or below in a particular value, dig a little deeper and ask yourself,

"What has been stopping me from living out this value more in my life?"

Scratch out some notes here:

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**What has to happen for you to further honor this value?** You may need to change your behaviors, schedule, or the people you interact with. That can,

of course, be very difficult. Without limiting yourself, write down all the ways you could work to increase your alignment with a particular value.

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*Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.*

-Hebrews 12:11

**Of those options, what are you actually willing to commit to?**

It's possible that you're not willing to commit at all because the barriers seem large or uncomfortable. Or, you may decide that a low level of a certain value is satisfactory at this time in your life. Remember, this exercise isn't about perfection, it's about clarity, and scoring a 10 does not have to be the goal. Our lives are all about choice.

As an example, I highly value physical wellness (for me this includes exercise, sleep, nutrition, etc.). I live this value at an eight. I have no desire to live it out at a 10 because of the additional time and effort it would take me to get there. Moving from an eight to a 10 would pull me away from my other values, and it's not worth it to me.

**Write your thoughts about actions you're willing to commit to:**

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*Father God, thank you for your tenderness and mercy.  
Thank you for loving me as I am and for supporting and  
encouraging me as I make efforts to improve myself for you.  
I want to be more like Christ, though life here on earth can be  
so very difficult. God, help me to make the changes I need to  
live a more fulfilling life that is grounded in your morals and  
the values you created within me. Help me to know when  
I'm getting off track, and lead me down paths that keep me  
aligned with values that serve you and others above myself.*

*God, help me remember that when I am lost or experiencing  
discord, I can look to your Word for knowledge and wisdom.  
Please give me the courage to change.*

*Amen*

Realizing your values is a gigantic first step. Notice, however, that it is the FIRST step. Just as Rome wasn't conquered in a day, so your internal make up doesn't change overnight with a simple act of acknowledgement. Remember, you've spent decades developing the person you are today. Narrow your focus on one

or two values you wish to change, wish to bring into alignment with God, and His nature, and work on those. As you seek to do this, you will find situations and encounters that give you a chance to employ these actions. Don't miss those. They are the opportunities given to you by God to change and grow.

*“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”*

-II Corinthians 3:18





## Values list

Abundance	Beauty	Concentration	Devotion	Expediency	Fun	Inspiration	Mindfulness
Acceptance	Being the best	Confidence	Devoutness	Experience	Gallantry	Integrity	Minimalism
Accessibility	Belonging	Conformity	Dexterity	Experimentation	Generosity	Intelligence	Modesty
Accomplishments	Benevolence	Congruency	Dignity	Expertise	Gentility	Intensity	Motivation
Accuracy	Bliss	Connection	Diligence	Exploration	Giving	Intimacy	Mysteriousness
Achievement	Boldness	Conscientiousness	Direction	Expressiveness	Goodness	Intrepidness	Nature
Acknowledgment	Bravery	Consciousness	Directness	Extravagance	Grace	Introversion	Neatness
Activeness	Brilliance	Consistency	Discipline	Extroversion	Gratitude	Intuition	Nerve
Adaptability	Buoyancy	Contentment	Discovery	Exuberance	Gregariousness	Intuitiveness	Nutrition
Adoration	Calmness	Continuity	Discretion	Fairness	Growth	Inventiveness	Obedience
Adroitness	Camaraderie	Contribution	Diversity	Faith	Guidance	Investing	Open-mindedness
Adventure	Candor	Control	Dominance	Faithfulness	Happiness	Joy	Openness
Aesthetics	Capability	Conviction	Dreaming	Fame	Hard work	Judiciousness	Optimism
Affection	Care	Conviviality	Drive	Family	Harmony	Justice	Order
Affluence	Carefulness	Coolness	Duty	Fascination	Health	Keenness	Organization
Aggressiveness	Celebrity	Cooperation	Dynamism	Fashion	Heart	Kindness	Originality
Agility	Certainty	Cordiality	Eagerness	Fearlessness	Helpfulness	Knowledge	Outlandishness
Alertness	Challenge	Correctness	Economy	Ferocity	Heroism	Leadership	Outrageousness
Altruism	Character	Courage	Ecstasy	Fidelity	History	Learning	Passion
Ambition	Charity	Courtesy	Education	Fierceness	Holiness	Liberation	Peace
Amusement	Charm	Craftiness	Effectiveness	Financial	Honesty	Liberty	Perceptiveness
Anticipation	Chastity	Creativity	Efficiency	independent	Honor	Liveliness	Perfection
Appreciation	Cheerfulness	Creative thinking	Elation	Firmness	Hopefulness	Logic	Perkiness
Approachability	Clarity	Credibility	Elegance	Fitness	Hospitality	Longevity	Perseverance
Articulacy	Cleanliness	Cunning	Empathy	Flexibility	Humility	Love	Persistence
Assertiveness	Clear-mindedness	Curiosity	Encouragement	Flow	Humor	Loyalty	Persuasiveness
Assurance	Cleverness	Daring	Endurance	Fluency	Hygiene	Majesty	Philanthropy
Attentiveness	Closeness	Decisiveness	Energy	Focus	Imagination	Making a difference	Piety
Attractiveness	Comfort	Decorum	Enjoyment	Food	Impact	Marriage	Playfulness
Audacity	Commitment	Deference	Entertainment	Fortitude	Impartiality	Mastery	Pleasantness
Autonomy	Community	Delight	Enthusiasm	Frankness	Independence	Maturity	Pleasure
Availability	Compassion	Dependability	Excellence	Freedom	Industry	Meekness	Poise
Awareness	Competition	Depth	Excitement	Friendliness	Ingenuity	Mellowness	Polish
Awe	Completion	Desire	Exhilaration	Friendship	Inquisitiveness	Mercy	Popularity
Balance	Composure	Determination	Expectancy	Frugality	Insightful	Meticulousness	Positivity

Potency	Rigor	Spontaneity	Valor
Power	Risk	Sprint	Variety
Practicality	Sacredness	Spunk	Victory
Pragmatism	Sacrifice	Stability	Vigor
Precision	Safety	Stealth	Virtue
Preparedness	Sagacity	Stillness	Vision
Presence	Saintliness	Strength	Vitality
Privacy	Sanguinity	Structure	Vivacity
Proactively	Satisfaction	Success	Warmth
Professionalism	Security	Support	Watchfulness
Prosperity	Self-actualization	Supremacy	Wealth
Prudence	Self-awareness	Surprise	Willfulness
Punctuality	Self-control	Sympathy	Willingness
Purity	Self-expression	Synergy	Winning
Realism	Selflessness	Teamwork	Wisdom
Reason	Self-reliance	Temperance	Wonder
Reasonableness	Sensitivity	Thankfulness	Youthfulness
Reciprocity	Sensuality	Thoroughness	Zeal
Recognition	Serenity	Thoughtfulness	
Recreation	Service	Thrift	
Refinement	Sexuality	Tidiness	
Reflection	Sharing	Timeliness	
Relaxation	Shrewdness	Traditionalism	
Reliability	Significance	Tranquility	
Religiousness	Silence	Transcendence	
Resilience	Silliness	Trust	
Resolution	Simplicity	Trustworthiness	
Resolve	Sincerity	Truth	
Resourcefulness	Skillfulness	Understanding	
Respect	Sleep	Unflappability	
Responsibility	Solidarity	Uniqueness	
Rest	Solitude	Unity	
Restraint	Soundness	Usefulness	
Reverence	Speed	Utility	
Richness	Spirituality	Validation	

# Aligned

A 14-day devotional to uncover your values  
and walk in communion with Christ.

