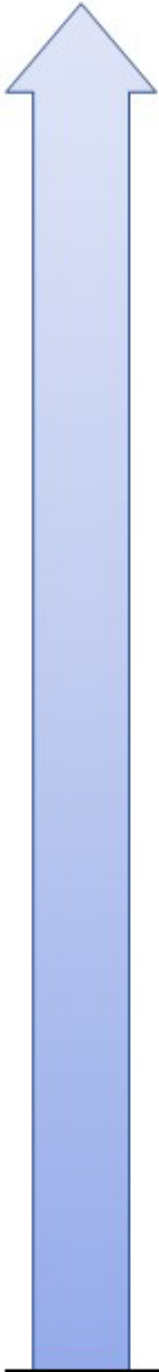


“Tiers of Value” Exercise

The purpose of this exercise is to gain a proper self-appraisal of our value. The problem is that all too often we conflate our infinite value as the Imago Dei with other areas where we may be lacking, and don't know it yet. Conversely, we may operate from a shame-based mindset and give ourselves too little credit, when in fact we must name the real good we bring to the world. The objective of this exercise is not to rank high on all tiers. It is to attain a proper self-assessment of ourselves, discerning our very real value even in light of the infinite value we possess as children of God. While this may be compartmentalizing, for the sake of seeing ourselves honestly for better or for worse, this exercise is useful.

Chart your value in the categories below. There is room to the right to add more categories. Recognize needed areas of growth or newfound self-worth. Consider how your own self-estimation stands in light of the first tier of infinite worth and value you possess in the eyes of our loving God. If you wish, discuss with a safe person.



IMAGO DEI

PROFESSIONAL

EXPERIENCE

SOCIAL CAPITAL

HOLINESS / ETHICS