

Core Values Exercise – *couples version*

Use this list of over 150 values words to help identify the terms that best resonate for you. You may add your own words at the end of the list.



PART 1: Print two copies – each of you complete steps 1-5 separately, first.

1. Begin by checking off the words that best represent *principles, standards, or qualities* you consider worthwhile or desirable -- those you believe to be important in your life.
2. If the initial pass yields a number greater than 7 or 8, do a second pass. Notice where you've chosen words that support a similar concept. Decide which word in those groupings BEST captures what you value (e.g. honesty, integrity, ethics: which best captures the other two for you?).
3. Once you have narrowed your list to 7-8, pull them to the list below.
4. Now, rank them in order of importance. In other words, when you encounter a conflict in values (it happens!), which will you honor OVER another?
If you get stuck around the ranking, try this first: for each of your "finalists," write out a full sentence or two of definition – YOUR definition of that value. Once you've defined each word more fully, return ranking them.
5. The value that rises up the most often you should rank #1, the next #2, and so on.

Priority/Rank	My Finalists

PART 2: Create a Shared Values list for your Relationship

1. You each carry different personal values – that's Okay. You are independent people who CHOOSE to be in partnership. Your relationship may hold values that neither of you have on your personal list – also Okay.
2. Share your personal values list with your partner, and vice-versa. Notice where there are overlaps (e.g. same or similar terms). Those are good places to start on creating a shared values list for your relationship.
3. Which values resonate for the RELATIONSHIP? You might review the list again, as the terms that work for your partnership may be different from what you selected for yourself. Where you already have similarities, decide on which term and definition you will use for that value when it comes to your relationship.
4. How many? 3-6 shared core values will form a solid foundation for most relationships.
5. Write them out fully and use them as you complete your future plans.

Integrate your Values into your life so you live them fully

- Post your values where you will see them daily. When you know your core values by heart, you 'own' them and can use them in stress situations.
- Use your values as a Filter for all decisions that impact you personally. Notice when you are making a decision that is out of alignment with one of your values. That internal "tug" you feel? That might be your conscience saying, "hey, what's up with that?"
- Use your Shared Values as a filter for your joint decisions – you'll find it's easier to avoid argument when you have core values you've designed together!

Values Words Worksheet

- Acceptance
- Accomplishment
- Achievement
- Acquisition
- Adventure
- Alignment
- Altruism
- Amusement
- Assistance
- Attractiveness
- Authenticity
- Awareness
- Beauty
- Being
- Bliss
- Calm
- Charity
- Coach
- Community
- Compassion
- Comprehending
- Connection
- Consciousness
- Consideration
- Constancy
- Contentment
- Contribution
- Cooperation
- Courage
- Create
- Creativity
- Danger
- Dare
- Delight
- Dependability
- Detection
- Dignity
- Direct
- Discovery
- Discrimination
- Distinguish
- Diversity
- Economic Security
- Education
- Effectiveness
- Elegance
- Emotional Well-being
- Empathy
- Encourage
- Encouragement
- Energy
- Enlightenment
- Entertainment
- Environment
- Equality
- Ethics/Ethical
- Excellence
- Experience
- Experiment
- Expertise
- Explain
- Exquisiteness
- Facilitation
- Fairness
- Faith
- Fame
- Family
- Feeling good
- Fitness
- Freedom
- Friendship
- Fun
- Generosity
- Grace
- Gratitude
- Guidance
- Happiness
- Harmony
- Health
- Honesty
- Honor
- Hope
- Humility
- Imagination
- Improvement
- Independence
- Influence
- Information
- Inner peace
- Innovation
- Inspiration
- Instruction
- Integrity
- Intelligence
- Inventiveness
- Joy
- Justice
- Kindness
- Knowledge
- Laughter
- Leadership
- Learning
- Love
- Loyalty
- Magnificence
- Mastery
- Merriment
- Nobility
- Nurturance
- Observation
- Order
- Organization

- Originality
- Peace
- Peacefulness
- Perception
- Personal Development
- Play
- Pleasure
- Positive attitude
- Power
- Preparation
- Presence
- Proficiency
- Provider
- Quest
- Radiance
- Recognition
- Relatedness
- Relationships
- Relaxation
- Reliability
- Religious/Religion
- Resourcefulness
- Respect
- Responsibility
- Responsiveness
- Risk
- Safety
- Schooling
- Self-awareness
- Self-worth
- Sensations
- Sensuality
- Serenity
- Service
- Simplicity
- Spirituality
- Stability
- Stimulation
- Strength
- Strengthen
- Success
- Superiority
- Support
- Teaching
- Tenderness
- Touch
- Tranquility
- Trust
- Truth
- Truthfulness
- Understanding
- Victory
- Vision
- Wealth
- Wholeness
- Winning
- Wisdom
- _____
- _____
- _____

My Initial Choices	