



## YOUR CORE VALUES

**Getting clear about your core values** and learning how to effectively communicate them is going to help you make a huge leap forward in finding your right match.

**Values are an integral part of every culture.**

Along with world-view and personality, they generate behavior. Values color the most important choices you make in life. When you are living your values, you are being true to yourself. Values are deeply rooted from childhood onward.

People who share similar values begin with a common frame of reference that can provide a foundation for understanding. Marriage is about creating harmony and interdependence as well as long-term love and partnership. So sharing values and principles creates a harmonic atmosphere and the foundation for a strong marriage.

We get married to share our life with another person, so when dating for marriage and choosing a spouse, it's important to be clear about your values and to find a spouse who shares the ones that are most important to you.

A friend describes this well. He says he likes spicy food and his wife prefers bland; he says he's a morning person and she's a night person. But on the things that matter most--like where to live, how to raise their children, and the way they want to manage finances--they share similar values. They are the greatest of partners and have been married for over 20 years.

Let's consider what happens when couples do not share their most important values. A person who wants children and highly values saving for the future would not be well matched with someone who doesn't want kids and prefers to live in the moment. Why? These core differences could generate a great deal of conflict and the need for too great a degree of compromise.



# 01

 Look at the following breakdown of values:

## GENERAL CATEGORY OF VALUES

Family	Nature
Financial/Economic	Pets
Spiritual/Religious	Beauty and surroundings
Political	Living environment
Educational	Travel
Making a positive difference in the world	Work/Life Balance
Charity/Giving back	Personal growth and development
Environment	

## VALUES ALSO INCLUDE IDEALS & CHARACTER TRAITS

Accountable	Generous	Friendly
Ambitious	Sensitive	Courageous
Honest	Flexible	Polite
Helpful	Self-Aware	Forgiving
Humorous	Happy	Clean
Humble	Intellectual	Imaginative
Warm/Kind	Independent	
Responsible	Loving	



**02** Examine this sample worksheet to get an idea for how to approach your own evaluation.

Category	Level of Importance	What ideals, character traits, and behaviors do you value in yourself and others?
Family	Very Important	I want a big family and to live near my sisters.
Politics	Not Important	
Spirituality/ Religion	Very Important	I go to church every week and attend Bible classes. I was raised with a strong faith and want to meet someone who also values religion.
Pets	Important	I have 2 dogs and value their loyalty and the sense of playfulness they bring to my life. I'd like to marry someone who also values pets.
Travel	Not Important	I'm not a huge fan of travel, but going away once in a while is okay with me.

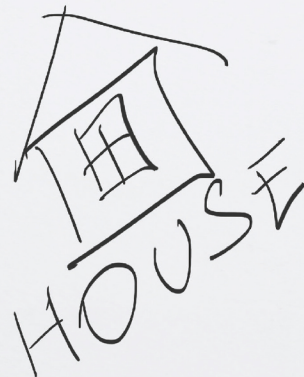
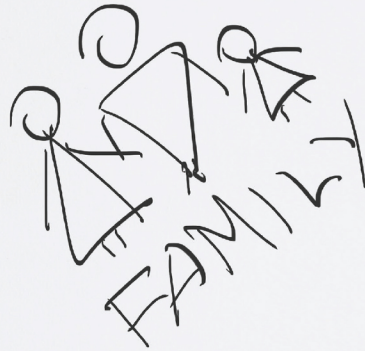
**03** Complete the form for each one of the values in the general category as well as for the ideals and character traits that matter most for you.

Category	Level of Importance	What ideals, character traits, and behaviors do you value in yourself and others?
Family		
Financial/ Economic		
Spiritual/ Religious		
Political		
Educational		
Making a positive difference in the world		
Charity/Giving Back		

Category	Level of Importance	What ideals, character traits, and behaviors do you value in yourself and others?
Environment		
Nature		
Pets		
Beauty and Surroundings		
Travel		
Living Environment		
Work/Life Balance		
Personal growth and development		



# OFFER MORE DETAILS ABOUT WHO YOU ARE AND WHAT YOU VALUE MOST



## ACTION ITEM 3

### Offer more details about who you are and what you value most

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

## EXAMPLE



Spiritually I am a blend of many things. I was raised Buddhist, attended Quaker school and summer camps, was raised with Jewish values and have a lot of Jewish friends. I'm comfortable attending Jewish service and also going to a progressive Episcopal church.

My ideal partner could be many things, but one thing for sure, he's open and spiritual in his own way—a spiritual person, not necessarily religious.