

Identifying Core Values

Introduction

To align with our partner, we have to work on identifying our core values and understanding how we want to be loved and spoken to. Our core values do not need to be the same for a successful relationship. We do however need to be familiar with how our partner experiences the world so we can create space for them in our lives and adjust to each other's needs.

To assess your core values, have both you and your partner identify five items below that stand out as the most important to each of you.

Part 1: Identify your core values

Personal Core Values List					
Authenticity	Citizenship	Friendships	Knowledge	Poise	Spirituality
Achievement	Community	Fun	Leadership	Popularity	Stability
Adventure	Competency	Growth	Learning	Recognition	Success
Authority	Contribution	Happiness	Love	Religion	Status
Autonomy	Creativity	Honesty	Loyalty	Reputation	Trustworthiness
Balance	Curiosity	Humor	Meaningful Work	Respect	Wealth
Beauty	Determination	Influence	Openness	Responsibility	Wisdom
Boldness	Fairness	Inner Harmony	Optimism	Security	
Compassion	Faith	Justice	Peace	Self-Respect	
Challenge	Fame	Kindness	Pleasure	Service	



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Part 2: Identify your differences

If your core values are not the same, some things you can think about are:

1. Do your values complement each other?
2. If your values feel conflicting such as status vs authenticity, are you able to find compromise?
3. What is something each of you could be doing to respect each other's values?
4. Where do you draw the line about certain values and activities associated with them?

It is common in relationships for some but not all values to be aligned. The less values you have aligned, the more challenging your relationship can feel, however, if your values complement each other, or if you make space for each other's values, you can still have a very successful relationship. Most importantly, identifying where to draw the line on certain values and the activities associated with them is how you begin to define and uphold your boundaries.

Next Steps

If you are interested in...

- removing nagging doubts about your relationship
- building a strong foundation for your relationship
- learning techniques to communicate stress free in your relationship

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