



Core Love Values

Identify Your Love Core Values

When you know your core values and engage in living them daily, you are more aligned with your authentic self and you will attract and recognize a man who shares those same values.

- A)** Circle 5 to 10 values in total that you would say aligns with who you are.
Feel free to add any that are not on the below list, as it couldn't be comprehensive.

Achievement	Advocacy	Ambition	Authenticity
Adventure	Balance	Bravery	Citizenship
Compassion	Challenge	Community	Contribution
Creativity	Curiosity	Determination	Fairness
Fearlessness	Freedom	Friendships	Fun
Generosity	Growth	Health	Honesty
Humor	Influence	Joy	Justice
Kindness	Knowledge	Leadership	Learning
Love	Loyalty	Meaningful Work	Openness
Optimism	Passion	Playfulness	Pleasure
Recognition	Resilience	Resourceful	Respect
Responsibility	Security	Spirituality	Stability
Status	Trustworthiness	Wealth	Wisdom

B) Now, rank the values in order of importance.

Then ask yourself, does this list look like me right now? (Is it a list of what you would like them to be? Or what your family, mom or dad want your values to be? If so, then re-visit the list - what are YOUR values right now?)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

C) Now write each value on each line below. And ask yourself, Why is this important to me? Ask yourself this several times. It's ok to get several answers and write them down.

Write without a lot of thinking or analysis, write exact words, phrases that come to you.

1. _____

2. _____

3. _____

4.

5.

6.

7.

8.

9.

10.

D) Examine your list again, and notice if there are conflicts between any two values. In other words, compare each value to all the others, and ask yourself if you can have both values at the same time, or if they conflict with each other in a way that is difficult or impossible to have both at the same time.

Ask “Can I have Value A and Value B at the same time, or do they conflict with each other?”

Here are some examples of typical conflicts. (List whatever is true for you, there are no right or wrong answers.) *Examples: Money and spirituality, money and love, family and freedom, career and freedom, security and adventure, freedom and love, career and family.*

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____
