PERSONAL VALUES

Fulfilling relationships begin with knowing and understanding your personal values. Using the list below, mark the <u>values most meaningful</u> <u>to you.</u> Feel free to add additional values in the blanks provided.

☐ Adaptability	☐ Empathy	┌ Loyalty	☐ Simplicity
Adventure	☐ Faith	☐ Motivation	☐ Sincerity
Affection	☐ Forgiveness	Nurturing	☐ Spirituality
Ambition	☐ Freedom	Openness	☐ Spontaneity
Assertiveness	☐ Fun	Optimism	☐ Stability
Authenticity	☐ Generosity	Organization	☐ Status
 Bravery	☐ Gratitude	Passion	☐ Structure
Caring	☐ Growth	Patience	Support
Charisma	Harmony	Persistence	Surprise
Cleanliness	☐ Honesty	_ ┌─ Play	Tenderness
Collaboration	☐ Humility	Productivity	☐ Thoughtfulness
Comfort	☐ Humor	Purpose	☐ Timeliness
Communication	☐ Imagination	Quality	☐ Tolerance
Compassion	☐ Inclusion	Recognition	☐ Transparency
Confidence	☐ Individuality	Respect	☐ Trust
Control	☐ Integrity	Responsibility	☐ Understanding
Creativity	☐ Intelligence	Risk	☐ Validation
Curiosity	☐ Intimacy	Safety	☐ Vulnerability
Decisiveness	☐ Joy	Selflessness	☐ Wisdom
☐ Directness	☐ Kindness		
Efficiency	☐ Laughter	□	————————————————————————————————————
Encouraging	☐ Liberty		
Emotion	☐ Logic	□	
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CHARACTERISTICS OF FULFILLING RELATIONSHIPS

Now that you understand your personal values, consider how they show up in your most fulfilling relationships. List some of the <u>characteristics</u> that make a relationship feel fulfilling, as well as how that quality shows up in your relationships

Example: Fulfilling relationships are reliable. This means that if we say we will do something, we follow-through consistently.			