



Defining your values

Clarifying your values gives you access to an inner compass that will point you in the right direction no matter what life throws at you.

Defining your values as an individual and a couple is a key step in building a strong foundation for your lives together.

If you don't take the time to stop and question what your values are, they can easily be influenced by society, the media, or even our friends and family. This is about getting to the core of what matters to you as an individual, and what shared values you have with your partner.

The best way to live a fulfilled and meaningful life (and marriage) is to live in alignment with your values. When you are in alignment with your values, your short-term actions will reflect your big-picture, long-term priorities and goals.

This is such an essential step in preparing yourselves for marriage and for planning your wedding together. Don't let this opportunity pass you by. Spend the time to dig deep and build a firm foundation for your lives.

A list of values

- Acceptance
- Accomplishment
- Accountability
- Accuracy
- Achievement
- Adaptability
- Alertness
- Altruism
- Ambition
- Amusement
- Assertiveness
- Attentive
- Awareness
- Balance
- Beauty
- Boldness
- Bravery
- Brilliance
- Calm
- Candor
- Capable
- Careful
- Certainty
- Challenge
- Charity
- Cleanliness
- Clear
- Clever
- Comfort
- Commitment
- Common sense
- Communication
- Community
- Compassion
- Competence
- Concentration
- Confidence
- Connection
- Consciousness
- Consistency
- Contentment
- Contribution
- Control
- Conviction
- Cooperation
- Courage
- Courtesy
- Creation
- Creativity
- Credibility
- Curiosity
- Decisive
- Decisiveness
- Dedication
- Dependability
- Determination
- Development
- Devotion
- Dignity
- Discipline
- Discovery
- Drive
- Effectiveness
- Efficiency
- Empathy
- Empower
- Endurance
- Energy
- Enjoyment
- Enthusiasm
- Equality
- Ethical
- Excellence
- Experience
- Exploration
- Expressive
- Fairness
- Family
- Famous
- Fearless
- Feelings
- Ferocious
- Fidelity
- Focus
- Foresight
- Fortitude
- Freedom
- Friendship
- Fun
- Generosity
- Genius
- Giving
- Goodness
- Grace
- Gratitude
- Greatness
- Growth
- Happiness
- Hard work
- Harmony
- Health
- Honesty
- Honor
- Hope
- Humility
- Imagination
- Improvement
- Independence
- Individuality
- Innovation
- Inquisitive
- Insightful
- Inspiring
- Integrity
- Intelligence
- Intensity
- Intuitive
- Irreverent
- Joy
- Justice
- Kindness
- Knowledge
- Lawful
- Leadership
- Learning
- Liberty
- Logic
- Love
- Loyalty
- Mastery
- Maturity
- Meaning
- Moderation
- Motivation
- Openness
- Optimism
- Order
- Organization
- Originality
- Passion
- Patience
- Peace
- Performance
- Persistence
- Playfulness
- Poise
- Potential
- Power
- Present
- Productivity
- Professionalism
- Prosperity
- Purpose
- Quality
- Realistic
- Reason
- Recognition
- Recreation
- Reflective
- Respect
- Responsibility
- Restraint
- Results-oriented
- Reverence
- Rigor
- Risk
- Satisfaction
- Security
- Self-reliance
- Selfless
- Sensitivity
- Serenity
- Service
- Sharing
- Significance
- Silence
- Simplicity
- Sincerity
- Skill
- Skillfulness
- Smart
- Solitude
- Spirit
- Spirituality
- Spontaneous
- Stability
- Status
- Stewardship
- Strength
- Structure
- Success
- Support
- Surprise
- Sustainability
- Talent
- Teamwork
- Temperance
- Thankful
- Thorough
- Thoughtful
- Timeliness
- Tolerance
- Toughness
- Traditional
- Tranquility
- Transparency
- Trust
- Trustworthy
- Truth
- Understanding
- Uniqueness
- Unity
- Valor
- Victory
- Vigor
- Vision
- Vitality
- Wealth

Exploring Values Worksheet

Use the space below to explore the different values impressed upon you by your family and society. Then examine your own ideals vs actual values based on how you spend your time.

MY PARENTS' VALUES

what did you grow up witnessing to be the values of your family?

SOCIETY'S VALUES

what sort of things do you notice to be the values of society at large?

IDEAL VALUES

the ideals you'd like to live up to with your life decisions and actions

ACTUAL VALUES

when you consider how you spend your time now, what would you identify as your values?

Your Values Worksheet

Use the space below to mark down some of the different values that resonate with you from the list of values on pg 2.

FOUNDATIONAL + STRUCTURAL VALUES

non-negotiable personal values you build your life around, making up the structure and foundation of your life

SURFACE VALUES

the small stuff that makes life better, enhances your life, but isn't a requirement

IMAGINARY VALUES

what's standing in your way? what do you spend time on that isn't in alignment with what you value?

Our Values for Life

Use the space below to record a list of personal and shared values. Keep this list in a visible place for the two of you to refer back to as often as needed.

PERSONAL VALUES

SHARED VALUES