

# Core Values for Couples



Values are foundational beliefs that anchor our lives, the things that matter to us the most, the nonnegotiable characteristics that best describe who we are. Look over the following list and circle the words and phrases that best illustrate your values. If you have values not on the list, add them in the margin. Circle between twelve and fifteen words that best describe you, even though there may be others that apply as well. (The words and phrases below are listed alphabetically rather than in order of importance.)

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|--------------------|------------------|-----------------------|-------------------------|
| Accomplishment     | Enlightenment    | Integrity             | Relaxation              |
| Adventure          | Excellence       | Joy                   | Respect for people      |
| Affirmation        | Excitement       | Kindness              | Respect for environment |
| Ambition           | Evangelism       | Lack of pretense      | Rest                    |
| Athleticism        | Faithfulness     | Learning              | Security                |
| Authenticity       | Family           | Love                  | Self-esteem             |
| Beauty in Self     | Faith            | Loyalty               | Self-expression         |
| Beauty in Others   | Forgiveness      | Making money          | Servanthood             |
| Beauty in Spaces   | Future           | Marriage              | Service                 |
| Being in control   | Freedom          | Mentoring             | Silence                 |
| Being a role model | Frugality        | Missions              | Sincerity               |
| Being a teacher    | Fulfillment      | Nature                | Solitude                |
| Being Outdoors     | Fun              | Nurturing             | Spiritual Growth        |
| Bible              | Gentleness       | Obedience             | Spontaneity             |
| Career             | Genuineness      | Orderliness           | Stability               |
| Caution            | Good taste       | Patience              | Success                 |
| Collaboration      | Growth           | Peace                 | Stewardship             |
| Communicating      | Hard work        | Perfection            | Temperance              |
| Community          | Health           | Performance           | Theology                |
| Compassion         | Honesty          | Persistence           | Tolerance               |
| Competence         | Hope             | Personal Power        | Tongue control          |
| Competition        | Hospitality      | Pleasure              | Transparency            |
| Creativity         | Humility         | Prayer                | Tranquility             |
| Determination      | Humor            | Productivity          | Trust                   |
| Diligence          | Impacting people | Purity                | Truth                   |
| Efficiency         | Independence     | Quality               | Winning                 |
| Elegance           | Influence        | Recognition           | Worship                 |
| Encouragement      | Inspiring others | Relationship with God |                         |

# Identifying Top Values

Identifying values offers a deep awakening to understanding why you do what you do, therefore, core values should line up what you believe is important with how you live your life. Sometimes these values are inherited or learned, other times they are ideals. Often times, external conflict and internal turmoil are the result of opposing core values, either in yourself or with others. Take time to identify 4 to 5 core values from your original list of selected top values. Next to each value, describe how you'd like to see that value manifest in your life.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Conflicts / Concerns

Do you see any conflicts or concerns between your core values? Describe the problem below as well as possible solutions.

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## Preparing to Connect

1. As you take the time to consider your personal core values in the context of your marriage, which two values feel nonnegotiable?
2. Please put into your own words why these values are so important. See if you can trace back to how they formed.
3. Which three are you willing to let go of, or compromise on, in favor of your spouse's top two values?
4. What do you think are your spouse's top two values, and why?

# Coming Together

Set aside an hour of uninterrupted time to share your values with one another. Follow this format to guide your conversation and discover how to work better together.

## **Step 1: Start with Prayer**

Please don't start without first seeking God. Ask Him to open your hearts and minds and ears to each other's needs and desires.

## **Step 2: General Values**

Wife shares top 10 to 12 values then husband shares top 10 - 12 values. There is no commentary on the value choices nor suggestions for changes! Only affirming words!

## **Step 3: Top 5 Values**

Wife describes her top 5 values and why she picked them, then husband describes his top 5 values and why he picked them. If there is overlap between the two of you, celebrate!!! If there is no overlap, spend time talking about how the other's values is benefit in your relationship.

## **Step 4: Top 2 Values**

Wife describes her top 2 values and what makes these two emerge specifically along with the details of how she's like that to play out in day-to-day life. Husband describes his top 2 values and what makes these two emerge specifically along with the details of how he'd like that to play out in day-to-day life.

## **Step 5: Strategize Top 5 Together Values**

Together, consider how to combine each's top two values plus a third, over-arching guiding value that represents both of your values. In a way, you're looking for a summary value leading to personal vision for your marriage and/or family. Discuss how you can practically live out and honor that value as a couple.

## Next Step

### **Would you like to have support in strategizing how to live out your core values?**

A coaching session as a couple could be the best next step.

Email [elisa@moretobe.com](mailto:elisa@moretobe.com) to request a free consultation.