

Personal Values

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

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

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 **characteristics** that make a relationship feel fulfilling, as well as how those qualities shows up in your relationships

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