



KNOW WHAT YOU WANT AND DESERVE

Clarifying your personal values and
relationship values

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It is important to clarify what is important to you and what you believe in. When you are living life in a way that is in line with your values or actively incorporating these values in your day to day life, you will feel more confident and secure in who you are. This will lead to feelings of self-assurance in the decisions you make, the goals your set and the relationships you are in.

Personal Values

List the values that are important to you on a personal level

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Relationship Values

What do you value the most in a relationship? Some of these may include: gender roles, sex and intimacy, having fun, individuality, social life and involvement, physical health and lifestyle, quality time, shared experiences, spirituality, traveling, exploring new cultures and experiences, mutual respect, family oriented, financial stability etc.

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Qualities/Traits of Your Ideal Partner

What do you value the most in a relationship? Some of these may include: gender roles, sex and intimacy, having fun, individuality, social life and involvement, physical health and lifestyle, quality time, shared experiences, spirituality, traveling, exploring new cultures and experiences, mutual respect, family oriented, financial stability etc.

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Disclaimer: It is important to focus on the PROCESS when you are en-route to your goal. Noticing changes in your behavior, thoughts and feelings as they come up is crucial. Are you feeling more confident? Uncomfortable? Anxious? Why are you feeling this way? What are some things you have learned or milestones you can celebrate during this process? What are you doing well? What is working for you or not?

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