

VALUES CLARIFICATION WORKSHEET

Identify Your Core Values and
How They Impact Your Dating Life



Values Clarification Worksheet

Your core values guide your choices, shape your priorities, and influence your relationships. Understanding your values helps you align your dating life with what truly matters to you. This worksheet will help you identify your values and reflect on how they impact your dating preferences and decisions.

Step 1: Identify Your Core Values

Review the list below and circle or highlight the values that resonate most with you:

- Honesty
 - Loyalty
 - Ambition
 - Compassion
 - Humor
 - Adventure
 - Kindness
 - Independence
 - Creativity
 - Growth
 - Stability
 - Open-Mindedness
 - Trust
 - Family
 - Empathy
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Exercise:

- Narrow your list to your **top 5 values** and write them below:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
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Step 2: Reflect on Your Values in Dating

Questions:

1. How do these values show up in your dating preferences?
 2. What qualities in a partner align with your values?
 3. Have you ever been in a relationship where your values weren't respected?
How did it impact you?
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Step 3: Applying Your Values

Action Plan:

- Write down one value and a way you can prioritize it in your dating life.
 - *Example:* If "honesty" is a top value, focus on open communication during dates.