



Values Clarification Worksheet

Discover Your Relationship Foundation

Understanding what matters most to you in love and partnership

Your values are the foundation of every healthy relationship. They guide your decisions, shape your expectations, and help you recognize compatibility with potential or current partners. This worksheet will help you identify your core relationship values and learn how to use them as a compass for creating the love life you desire.

How to use this worksheet:

1. Complete Part 1 to identify your top 10 relationship values
2. Use Part 2 to assess compatibility with a current or potential partner
3. Apply Part 3 for making values-based relationship decisions



PART 1: IDENTIFYING YOUR TOP 10 RELATIONSHIP VALUES

Step 1: Initial Values Exploration

Below are common relationship values. Read through the entire list first, then circle or highlight the ones that resonate most strongly with you. Don't overthink this - trust your initial response.

COMMUNICATION & CONNECTION VALUES:

- ☐ Honest communication
- ☐ Deep emotional intimacy
- ☐ Physical affection
- ☐ Quality time together
- ☐ Shared laughter and fun
- ☐ Intellectual stimulation
- ☐ Spiritual connection
- ☐ Open vulnerability
- ☐ Active listening
- ☐ Conflict resolution skills

LIFESTYLE & PRACTICAL VALUES:

- ☐ Financial security
- ☐ Career ambition
- ☐ Work-life balance
- ☐ Health and fitness
- ☐ Adventure and travel
- ☐ Home and family life
- ☐ Social connections
- ☐ Community involvement
- ☐ Environmental consciousness
- ☐ Cultural interests

CHARACTER & PERSONAL VALUES:

- ☐ Integrity and honesty
- ☐ Loyalty and commitment
- ☐ Personal growth
- ☐ Independence and autonomy
- ☐ Reliability and consistency
- ☐ Generosity and kindness
- ☐ Sense of humor
- ☐ Emotional stability



- ☐ Confidence and self-esteem
- ☐ Resilience and adaptability

RELATIONSHIP STRUCTURE VALUES:

- ☐ Monogamy and exclusivity
- ☐ Marriage and long-term commitment
- ☐ Having children
- ☐ Blended family harmony
- ☐ Extended family relationships
- ☐ Shared decision-making
- ☐ Personal space and freedom
- ☐ Shared responsibilities
- ☐ Traditional gender roles
- ☐ Egalitarian partnership

Add your own values not listed above:

- ☐ _____
- ☐ _____
- ☐ _____

Step 2: Narrowing Down Your Values

From your highlighted values above, write down your top 20 here:

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Step 3: Your Top 10 Relationship Values

Now comes the challenging part - narrowing down to your top 10. Ask yourself: "If I could only have 10 of these values in my relationship, which ones are absolutely essential for my happiness and fulfillment?"

MY TOP 10 RELATIONSHIP VALUES (in order of importance):

1. _____



Why this matters to me:

2. _____

Why this matters to me:

3. _____

Why this matters to me:

4. _____

Why this matters to me:

5. _____

Why this matters to me:

6. _____

Why this matters to me:

7. _____

Why this matters to me:

8. _____

Why this matters to me:

9. _____

Why this matters to me:

10. _____

Why this matters to me:



PART 2: PARTNER COMPATIBILITY ASSESSMENT

For Current Relationships: Rate how well your current partner aligns with each of your top 10 values

For Potential Relationships: Use this as a guide for getting to know someone new

Rating Scale:

- 5 = Completely aligned
- 4 = Mostly aligned
- 3 = Somewhat aligned
- 2 = Rarely aligned
- 1 = Not aligned at all

Value	Partner's Alignment (1-5)	Notes/Examples
1. _____	_____	_____ _____
2. _____	_____	_____ _____
3. _____	_____	_____ _____
4. _____	_____	_____ _____
5. _____	_____	_____ _____
6. _____	_____	_____ _____



7. _____	_____	_____ _____ _____
8. _____	_____	_____ _____ _____
9. _____	_____	_____ _____ _____
10. _____ _____	_____	_____ _____ _____

Compatibility Score: _____/50

REFLECTION QUESTIONS:

- Which values show the strongest alignment?
- Where are the biggest gaps?
- Which misalignments feel manageable vs. concerning?
- What conversations might help bridge value differences?



PART 3: VALUES-BASED DECISION MAKING GUIDE

When facing relationship decisions, use this framework:

Step 1: Identify the Decision

What choice are you facing?

Step 2: Values Check

Which of your top values are relevant to this decision?

- ---
- ---
- ---

Step 3: Option Evaluation

For each option you're considering, ask:

- How does this choice honor my most important values?
- What values might be compromised?
- What would my highest self choose?

OPTION A:

Values honored:

Values compromised:

Alignment score (1-10):

OPTION B:

Values honored:

Values compromised:

Alignment score (1-10):

Step 4: Decision and Commitment

Based on your values analysis, what choice will you make?

How will you stay committed to this values-based decision?



VALUES IN ACTION: MONTHLY CHECK-IN

Use this monthly to stay aligned with your values:

This month, how well did I honor my top 3 values in my relationship?

Value #1: _____

How I honored it: _____

How I could improve: _____

Value #2: _____

How I honored it: _____

How I could improve: _____

Value #3: _____

How I honored it: _____

How I could improve: _____

What one action will I take next month to better align with my values?

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