

Values Alignment

Discover what matters most to each of you

Instructions:

First, complete this individually. Then share your answers and discuss areas of alignment and difference.

Part 1: Individual Reflection

Rank your top 5 core values from the list below (1 = most important):

Value	Your Rank	Partner's Rank
Family		
Career Success		
Financial Security		
Adventure/Travel		
Health/Fitness		
Spirituality/Faith		
Creativity		
Education/Learning		
Community Service		
Independence		
Tradition		
Personal Growth		

Part 2: Discussion Questions

1. Which values do we share most strongly?
2. Where do our values differ? How can we honor both perspectives?

3. How do our values show up in our daily life together?

4. Are we living according to our values? What needs to change?

Action Steps:

- Identify one shared value to focus on this month
- Create a ritual or practice that honors your top shared value