**Excerpts from Psych Central article, *Discover Your Values*-Medically reviewed by**[**Joslyn Jelinek, LCSW**](https://www.psychcentral.com/reviewers/joslyn-jelinek-lcsw)**— Written by**[**Margarita Tartakovsky, MS**](https://www.psychcentral.com/authors/margarita-tartakovsky-ms)**— Updated on July 21, 2021**

* Your values are a guiding light that lead you to a more meaningful, fulfilling life. Your values are the justification for who and how you are — at your deepest, most personal level.
* Your values define what a meaningful life looks like to you.
* Identifying your values and living them out loud helps you build a fulfilling, satisfying life in a range of ways:
* When you know your core values, it’s easier not to allow fear, anxiety, or negative thoughts hold you back from pursuing deeply important, inspiring projects, activities, or adventures.
* Your values can even help you heal from different conditions. Several evidence-based treatments use [values as the basis for treating depression](https://psychcentral.com/depression/depression-treatment).
* Your values can draw out the best internal pep talk for giving that poignant speech, writing a book that helps someone through a painful time, or traveling to a fabulous, bucket-list location.
* Your core values are the fuel that keeps you moving in the direction you set out to go, even when jitters or self-doubt show up.
* Similarly, your core values serve as resistance bands to how much (if any) anger, frustration, jealousy, or other potentially overwhelming emotions can build while resolving a conflict or mending a relationship. Your core values guide you in taking action on what you hold dear.
* Your core values help you to stand firm when declining not-so-meaningful requests, invites, and activities. Saying “no” to less-important things give you the time, energy, and resources for what really matters to you.
* Articulating your values helps you to wake up with a sense of purpose that carries you throughout your day, no matter what hiccups or stressors arise.
* [Research](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02778/full) has found that having a purpose in life can lead to a variety of benefits, including reducing anxiety, depression, and stress. Maintaining a sense of purpose in midlife can even [predict greater physical well-being. T](https://pubmed.ncbi.nlm.nih.gov/33845946/)
* When difficult situations or ethical dilemmas arise, your core values may guide you in your decision making.
* Your core values can give you clarity during possibly chaotic, confusing times. They lead you to make wise, healthy decisions that could set you up for success in the long term.

**Excerpts from Applied Positive Psychology institute of Learning website article-*The Importance of Knowing & Living Your Values***

Perhaps you have been thinking long and hard about what you want in your life. Or maybe, you’re reflecting on how you want to contribute to something bigger than yourself. You could even be thinking about your relationships and the role you would like them to play in your life. The answers to these big questions in life are often a reflection of our values, or our deepest desires and attitudes about the world, other people, and ourselves.

Research shows that understanding our values, strengths, and the things that make our life meaningful are all valuable skills that can help us navigate challenges and support our mental fitness.

Understanding our values can help us live a life that is more meaningful and in alignment with what we desire and believe is right. According to Psychologist Russ Harris, it is important to understand that values are not the same as goals. A value is not something that you can just cross off or achieve. Instead, it is something that you continuously aim to live and move towards. As stated by Harris, “for example, if you want to be a loving, caring, supportive partner, that is a value – an ongoing process. If you stop being loving, caring and supportive, then you are no longer a loving, caring, supportive partner; you are no longer living by that value. In contrast, if you want to get married, that’s a goal – it can be ‘crossed off’ or achieved. Once you’re married, you’re married – even if you start treating your partner very badly.”

Each person has their own set of values, and only you can determine what those values are. No one else can define this for you. When you are exploring your core values, it is not always easy to pin them down therefore, it will take time for you to identify.

**Excerpts from Psychology Today Article –*Why It's So Important for Couples to Talk About Their Values****-*Kristin Fuller, MD

Core values are important, and so is sharing them with a new potential partner.

* Core values in a relationship are the guiding beliefs that direct your words and actions.
* Knowing your core values will help you know when another individual's core values do not align with yours.
* If you are not aware of your core values, it will be difficult to find a partner with whom you are truly compatible.

Romantic relationships are challenging, especially when you are wearing your heart on your sleeve and braving your true self with your partner. When we begin dating someone new, we willingly drown ourselves in the heavy currents of infatuation and [attraction](https://www.psychologytoday.com/us/basics/mating). As a result, we often forget to check for compatibility—catching feelings for someone and sharing similar interests and hobbies does not equal compatibility.

When we initially look for compatibility, we look for similar interests. Maybe you want to date someone who loves dogs, enjoys skiing, and spends a lot of their free time engaging in physical activities in the outdoors. These are all excellent traits to have, but what happens when you age or injure yourself and no longer ski every day in the winter? Is your relationship compromised because you do not share enduring core values? Interests and hobbies change over time, but core values do not.

Talking about your core values early in a relationship is crucial for many reasons. The primary reason is that you don’t want to invest time and [emotion](https://www.psychologytoday.com/us/basics/emotions) into something that will not last based on not having similar core values.

* What are relationship core values? Core values in a relationship are the guiding beliefs that direct your words and actions; your perspective is about yourself and other individuals and the world around you.
* Core values are the foundation of how you live your life.

Why do core values matter in a relationship?

In a healthy romantic relationship, each partner has other individuals (friends, co-workers, family members, etc.) who play the various roles that fulfill all of their other individual needs that their romantic partner cannot fill. Your partner cannot always be your travel companion, therapist, confidant, financial safety net, co-parent, and lover. Therefore, it is essential to have other people in your life to fulfill these needs. However, your romantic partner should be able to fill your core values. Issues will arise, and you will have hurdles to overcome in your relationship. Having compatible core values will arm you with the necessary strength and camaraderie to navigate these hurdles together. Shared interests, chemistry, and the attraction will fade and maybe come again, but core values will always be there.