



How to Define and Live Your Core Values

Core values influence everything you do or don't and may not be in your awareness yet. They are standards that greatly influence your behavior, attitude and character. These values are deeply personal and affect your emotional and mental disposition. Since these values guide you in making decisions and affect your relationships, it's important to clearly know what they are.

If you'd like better results in your love life, take the time to consciously define, clarify and live your core values. Grab a pencil and paper, and answer these questions:

- Who am I when I'm at my best? How am I being?
- What are my personal characteristics and strengths when I feel full of energy, most engaged in life and inspired?
- Who has had the greatest influence on me and what are their positive characteristics?
- Who do I admire? What do I admire about that person?
- How do friends and family describe me?
- What do I love about myself?
- What mottos, quotes or sayings inspire me?
- What am I passionate about?
- What inspires me about love?
- What do I love to do? What are the feelings, the emotions I experience from doing those things?

After completing these questions, review the answers and choose the value(s) from each one. For instance, if "joyful, loving, kind and caring" are the answers to, "Who am I when I'm at my best?", these may be some of your core values. Feel and choose the ones that are most meaningful so that you'll be inspired to live your life by them.

How to apply your core values to ensure a fulfilling love life

Your core values are like a GPS, guiding and bringing you back on track when you veer off your path. Here are some examples on how they can apply to your love life.

- Notice how you feel after interacting and spending time with your partner. If you feel uplifted, your experience of your partner is meeting your core values. If you feel let down, chances are one or more of your core values are not being met in this relationship. You can then determine whether or not this relationship is worth continuing.

LOVE

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- When you're not sure what to do, ask yourself if what you're about to decide fits your core value(s). For instance, if freedom is a core value and your partner wants to live together, how will that affect your desire to feel free in your relationship? Is there a way where you can live together and still feel free?
- Core values give you a measurement of what's acceptable or not. If the interaction with the man you've been dating for six months stays on the superficial level, and intimacy is very important to you, this may not be acceptable.
- Understand your partner's core values. If trust is a core value, is how you're being and what you're saying and doing trustworthy?

When you consistently live your core values, you'll find one of these scenarios to be true.

- Your existing relationship will improve. Or...
- You'll see that your partner is not a good match for you. Or...
- You'll attract higher quality men.

Living your core values takes strength and courage to be true to yourself. It means knowing who you are and making choices based on what's important to you and not what others want you to do. The beauty of core values is that they apply to all areas of your life. The more you live your core values, the more harmonious your love, life and world.