



Successful Dating
How To Attract The Right Partner

ELICITATION OF VALUES

Do this exercise when you have some quiet time and really think about your answers.

- What is important to you about yourself and the way you live your life? What else is important?

- If you could only have one of these values, which one would it be?
- And if you could have one more, which one would you have?
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- And if you could have one more, which one would you have?
- Do this for all 5 and rewrite them in order of importance - Why is one more important to you than the others? Your answer will be in terms of what you want (i.e. 'because I love it') or in terms of what you don't want (i.e. 'because if I don't have it, it will be terrible). Watch out for comparisons, should, ought to or must.