

# CORE VALUES WORKBOOK

by Tony and Alisa DiLorenzo at  
ONE Extraordinary Marriage



## STEP 1: PICK YOUR WORDS

This is not the time to pick the words that you think that your spouse wants you to write down. This is all about YOU. What words resonate with you?

Don't overanalyze this step, just go with your gut. Circle the words on your list sheet.  
Look to have a minimum of 10 and a maximum of 35.

These limits ensure that you will have words to discuss with your spouse and keeps you from the dreaded "I Don't Know."

***Write your final choices in below:***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_

## STEP 2: WHAT WORDS DO YOU HAVE IN COMMON?

With over 150 words on this list you may (OR may not!) have any words in common.

If you do that makes it easy to start your core values list with those words. If you don't, that's ok too!

***For the ones you do have - list them here:***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## STEP 3: WHAT WORDS ARE SIMILAR?

While you may not have any words in common you may have words that are similar. This is time to open discussion on those words.

**IMPORTANT:** Share what each word means to you so that you can decide TOGETHER which is the best word for your marriage.

This is also a great way to learn how your spouse interprets the word. You may be surprised to learn why they chose certain words!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## STEP 4: WORDS THAT ARE ONLY ON ONE LIST (MINE OR YOURS)

Words that are only on one list provide a tremendous opportunity for you to listen to your spouse, to find out what matters to them.

Take turns listening to each other's word choices. As you listen to one another look for those words that are truly the best fit for who you are.

***Include those words here:***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## STEP 5: HOW TO EASILY INVOLVE YOUR CHILDREN

**10 and under:** Ask your kids “What words would you say that describes our family?” How would you describe what is important to us?

**List those words here:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**11 and up:** Do steps 1-4 with your kids as if they were an adult.

*\*\*\*If you are doing this activity with your kids it is critical that their words, in some way, be a part of the finished project. This instills a sense of value and worth for their input instead of just making this a “Mom and Dad” said so.*

## STEP 6: [FINAL WORD LIST] DETERMINING YOUR CORE VALUES!

You've circled words, had discussion and come up with 7-10 words that best incorporate the values of your relationship.

This handful of words will be used to help you make future choices in your marriage and as a family with more clarity, ease and harmony.

***Write your newly determine core values here:***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## STEP 7: HOW TO CREATE AN INCREDIBLE WAY TO SHOW OFF YOUR CORE VALUES IN YOUR HOME

Now that you have determined your core values it's time to make the visual art to have those words visible to your family. Having these powerful words present within view will assure you always remember them in times of challenge and decision making.

We have a relationship with an excellent designer to make the design process super easy for you.

### Semi Custom Option:

Choose 1 of 3 layouts as shown below

Choice of 3 colors

Two (2) revisions plus final revision

**Order Now: ONLY \$57**

### Layout #1

(you can choose to reverse your colors if you prefer a colored background)



### Layout #2

(you can choose with or without dots/embellishment)





## Layout #3



### Custom Option:

Create Your Own Layout  
Choose Any Combination of Colors  
Four (4) revisions plus final revision

**Order Now: ONLY \$97**

## STEP 8: PRINT OPTION

Just because you have designed it, doesn't mean that you are done. We have relationships with two companies that will make printing your values incredibly easy and affordable:

### **Fracture**

(offering a 15% discount with code ONE)

Medium: Glass

[www.oneextraordinarymarriage.com/fracture](http://www.oneextraordinarymarriage.com/fracture)

### **Shutterfly**

(all sitewide discounts available to ONE participants)

Medium: Print/Canvas/Metal/Wood

[www.oneextraordinarymarriage.com/shutterfly](http://www.oneextraordinarymarriage.com/shutterfly)