

Ranking Priorities in a Relationship

Understanding our partner's values is as important as knowing our own. After all, sometimes what we think and even claim to be essential isn't.

We spend a great deal of time and energy on activities that do not align with our core values, for example, social media and watching TV.

There are only a few hours in the day. Therefore, it's useful to rank your values to understand how they differ between each partner in the relationship and make time for what is truly important.

Rank the activities under each heading in the boxes below. Assume that one up from the bottom of each list will not receive much time, and the last one may not get done at all.

Rank the importance of each activity in the situation heading:

On vacation

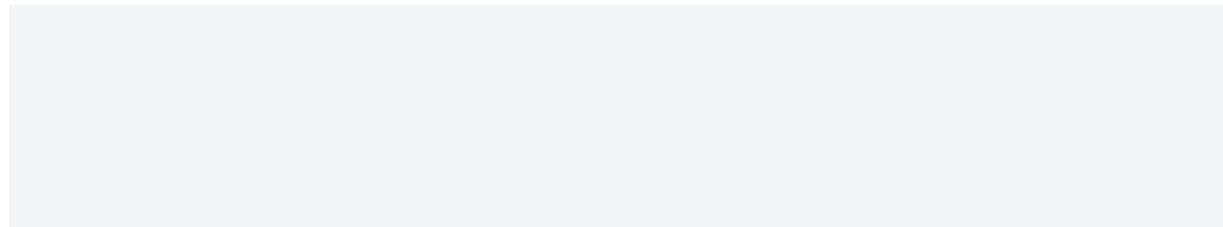
Visit museums

Go for a hike or long walk

Enjoy a meal at a top restaurant

Ride in a hot-air balloon

Enjoy spa treatments



At the weekend

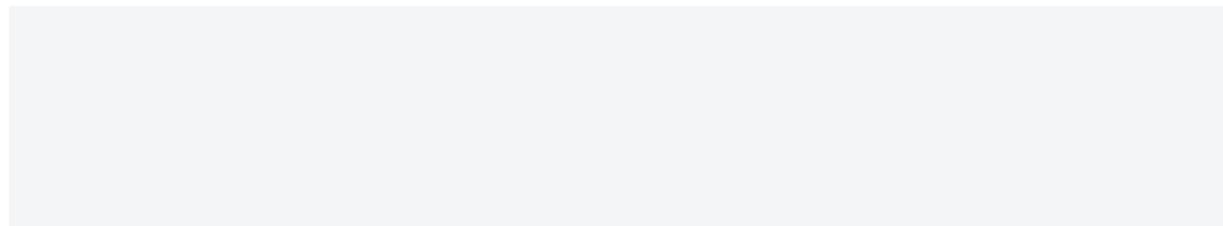
Brunch with friends or family

Clubbing or partying

Laundry and other chores

Attend faith or otherwise weekly meetings

Relax on the couch



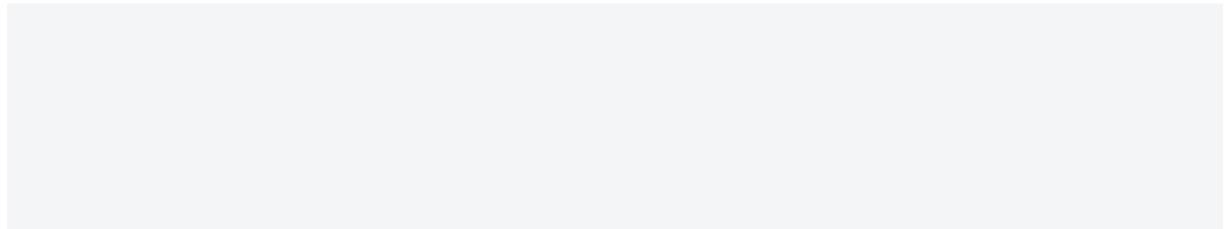
Before work

Drink coffee or tea and eat a freshly cooked breakfast

Exercise for a half-hour

Choose an outfit and groom yourself

Read the newspaper and complete a crossword

**On your birthday**

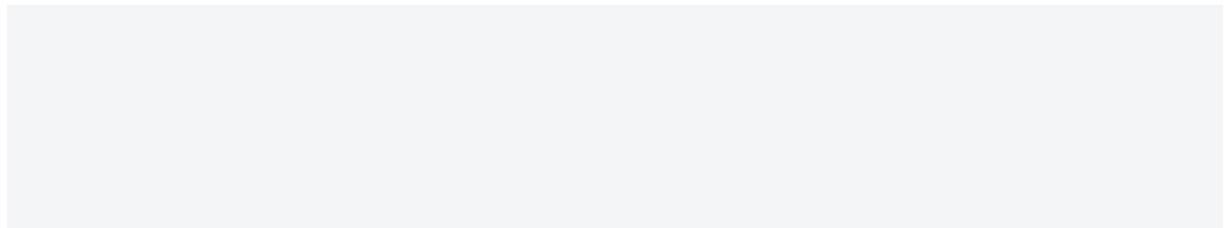
Receive a perfect gift (physical item)

Meet with loved ones

Take time off work and chores

Enjoy an adventure or surprise (trip, concert, etc.)

Spend a romantic night at home

**For the future**

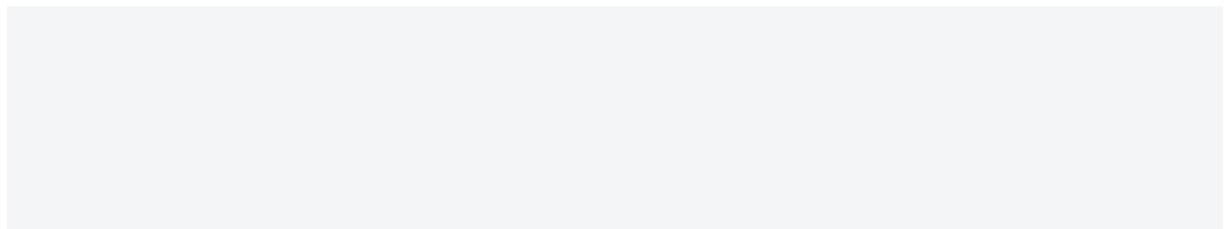
A highly successful career

A busy family life

World travel

Spiritual or non-spiritual enlightenment

Simple, stable, and comfortable life at home



It is important to remember there are no wrong answers.

The priority given to each activity offers insights into our partners and our own values and can prompt both short and longer-term decision-making.

Dr. Jeremy Sutton