



Meeting Your Match

Cracking the code to successful relationships

MYM Catalog of Values™

Acceptance	Emotional	Kindness	Responsibility
Accomplishment	Expression	Knowledge	Risk
Accuracy	Equity	Leadership	Risk-taking
Achievement	Ethics	Learning	Romance
Acquisition	Excitement	Leisure	Safety
Adventure	Exploring	Listening	Security
Aesthetics	Fairness	Love	Self-acceptance
Affectionate	Faithfulness	Loved	Self-awareness
Affiliation	Fame	Loving	Self-care
Attractiveness	Family	Loyalty	Self-control
Authenticity	Financial Security	Mastery	Self-discipline
Authority	Fitness	Meaning	Self-esteem
Autonomy	Flexibility	Mindfulness	Self-knowledge
Balance	Forgiveness	Moderation	Self-sufficiency
Beauty	Freedom	Monogamy	Service
Caring	Friendship	Morality	Service to
Challenge	Frugality	Mutually	Others
Change	Fun	Nature	Sex
Comfort	Generosity	Non-conformity	Sexuality
Commitment	Genuineness	Nurturance	Simplicity
Communication	Global Responsibility	Nurturing	Sincerity
Community	God's Will	Nutrition	Social Status
Companionship	Grace	Obligation	Socialization
Compassion	Gratification	Openness	Solitude
Competence	Growth	Order	Space
Competition	Happiness	Parenting	Spirituality
Conformity	Harmony	Passion	Spontaneity
Connection	Health	Peace	Stability
Conservation	Helpfulness	Perfection	Structure
Contentment	Helping	Personal Growth	Supportability
Contribution	Home	Plan	Survival
Control	Honesty	Pleasure	Teaching
Cooperation	Hope	Popularity	Team Work
Courtesy	Humility	Power	Time Freedom
Creativity	Humor	Pride	Tolerance
Cultural Heritage	Idealism	Prosperity	Tradition
Curiosity	Independence	Purpose	Trust
Dependability	Industry	Quietness	Truth
Differences	Influence	Rationality	Variety
Diversity	Inner Peace	Realism	Virtue
Duty	Insight	Reciprocity	Wealth
Ecology	Integrity	Recognition	Wholeness
Education	Intimacy	Relationship	Wisdom
Elegance	Joy	Reliability	Wonder
Emotional	Justice	Religious Faith	Work
Awareness		Respect	World Peace

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Jackie Black, Ph.D., Relationship Expert, Author and Coach

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W: <http://www.IdealMatchCoachingClub.com> • E: DrJackie@IdealMatchCoachingClub.com • T: 1.866.419.5928 / +1.866.419.5928