

# STELLAR RELATIONSHIP WORKBOOK

**BUILDING A UNIFIED PATH: COUPLES  
VALUES EXPLORATION AND ALIGNMENT**

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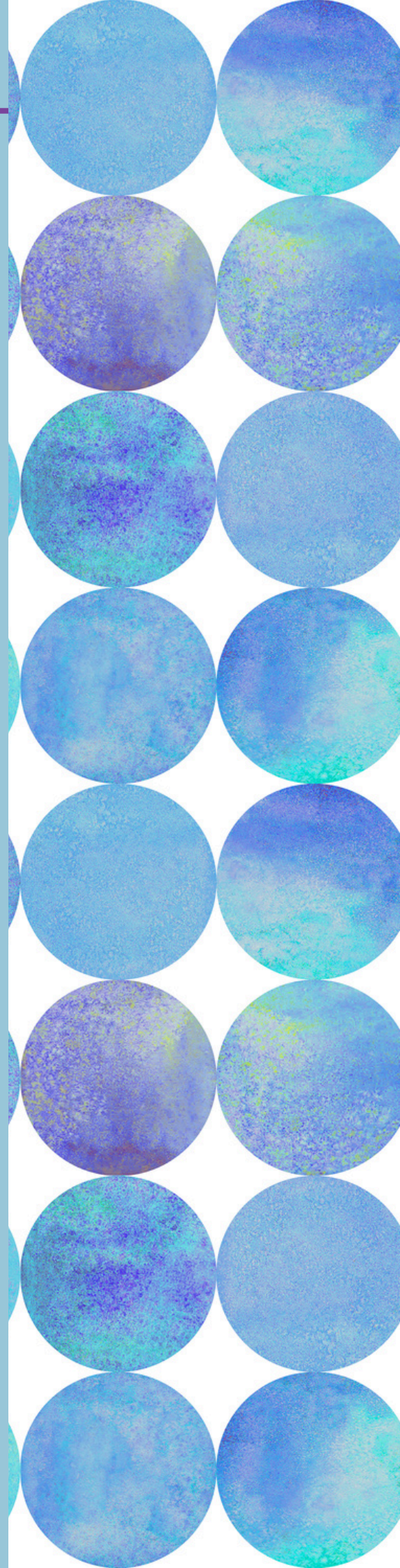
# 01

## Welcome to the Relationship Workbook

Welcome to the Stellar Relationship Alignment Workbook! This guide is here to support you and your partner in discovering, sharing, and aligning your core values. By working through these exercises, you'll gain a deeper understanding of what truly matters to both of you and learn practical ways to incorporate these values into your everyday life together.



Hello, I'm Raya! With a unique background in K-12 Education and a deep understanding of Cognitive Behavioral Therapy, I'm here to empower couples to nurture strong and healthy relationships. I'm passionate about helping you align your values, improve communication, and build a meaningful connection with your partner. Let's take the first step together toward a partnership that's grounded in shared values and mutual respect.





## 02 Why Values Matter

### **Defining Core Values**

Core values are the essential beliefs and principles that guide our choices, actions, and how we see the world. Often shaped by our upbringing and life experiences, these values define who we are and influence the way we relate to others. Recognizing these values can help us understand ourselves better and see how they impact our relationships.

### **The Role of Value Alignment**

When couples share aligned values, it fosters harmony, mutual respect, and a deeper sense of understanding. On the other hand, when values differ significantly, it can create tension, miscommunication, and frequent misunderstandings. Working together to identify and bridge any value gaps can strengthen your relationship, build trust, and help create a foundation of shared goals and perspectives.



# 03 Discover Your Core Values

*Take a moment to set up a quiet, comfortable space where you can focus on the questions ahead. Reflect on each question fully—this is your time to gain insight into your unique parenting style.*

## **Reflection Questions:**

- **Choose your top 5 core values from the following list (you can add any not listed below) :**

### **Partner 1**

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:

### **Partner 2**

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:

**List 3-5 people who have significantly influenced your life and describe how each has shaped your values**

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Blank space for Partner 2 to list influential people and describe their impact on values.



**Briefly describe your upbringing and any key influences on your values**

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**What values were emphasized in your family during your upbringing?**

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Blank text area for listing values emphasized in family during upbringing.

**Reflect on any of those values. Which ones resonate with you today, and why?**

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:



**Think about times when you felt proud, fulfilled, or satisfied. What values were you honoring in those moments?**

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Blank space for writing.

**Describe a time when you felt disappointed or upset. What values were not being honored in that situation?**

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Blank space for writing.

**Reflect on any of those values. Which ones resonate with you today, and why?**

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:



## 04 Sharing Identified Values

**Which values overlap when looking at both individual lists? Are there any values that one partner prioritizes but the other does not? *If so, discuss how you can navigate these differences and find common ground***

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:

**From the shared values you have identified above, **select the top three values that you believe are essential for your relationship.** *Discuss why these values are significant to both of you***

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:





## **How do you envision incorporating your shared core values into your daily lives and decision-making processes as a couple?**

*For example, if one of your core values is honesty, y'all commit to open and transparent communication in all aspects of your relationship. This might involve regular check-ins to ensure you're staying true to your values, discussing any challenges that arise, and making joint decisions that honor your shared principles.*

**Work together to create a value statement that reflects your shared values. This statement will serve as a guiding principle for your relationship. Write down your value statement and place it somewhere visible in your home as a daily reminder.**

**Example Value Statement: "We commit to honesty, respect, and love, supporting each other in personal growth and nurturing our family with compassion and adventure."**

# 05 Next Steps

# CONGRATS!!

Now that you and your partner have explored and shared your core values, it's time to bring them to life within your relationship. Use what you've learned to deepen your connection by practicing open communication and actively listening to each other's perspectives. Regularly discuss how these values influence your choices, and use your shared principles as a guide when navigating conflicts.

Make space in your lives for activities that reflect and celebrate your shared values. This could be anything from shared hobbies to meaningful rituals that keep you connected. And remember, value alignment is a continuous journey. For ongoing support in building communication, intimacy, and harmony, our coaching sessions are here to help nurture and strengthen your partnership.

## Your Partner in Progress

ILLUMINATING YOUR PATH TO CLARITY AND FULFILLMENT



Therapeutic Support

Academic Support



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## Ready to take the next step?