

# Personal Values

## Card Sort Activity Directions



These cards each contain words describing values that are important to some people. In this activity, you will sort these cards into five different piles depending on how important each one is to you. For example: some values may not be important to you at all, and therefore you would put those in the “Not Important” pile.

**Note:** It is possible to use fewer than five categories for sorting (e.g. “Most Important”, “Important”, “Not Important”).

1. To begin, shuffle all of the Value Cards except for the the blank “Other Value” cards.
2. Once the cards are shuffled, go ahead and sort them into the different piles based on how important each one is to you.
3. When you’re done, if there are any other values that are important to you that are not mentioned on these cards, you can use these blank cards to add them.
4. Once all of the values are placed into the piles, pick 5-10 values in each pile and rank them in order from 1 (most important) to 5 or 10 (less important).

**Note:** There may already be 5 or 10 cards in a given pile. Alternatively, there may be more cards in a particular pile, like the “Most Important” pile. It may be necessary to add some cards from a closely related pile (ie: add cards from “Very Important” to “Most Important” pile). It is also possible to skip the first sorting step and just have people pick out and rank-order the 10 values that seem most important to them. This could be done just from a list of values, but having the values on cards allows people to move them around visually when sorting and rank-ordering.

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<b>Very Important To Me</b>	<b>Important To Me</b>
<b>Not Important to Me</b>	<b>Most Important to Me</b>
<b>Somewhat Important to Me</b>	<b>Achievement:</b> To have important accomplishments
<b>Adventure:</b> To have new and exciting experiences	<b>Attractiveness:</b> To be physically attractive

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<p><b>Authority:</b> To be in charge of and responsible for others</p>	<p><b>Autonomy:</b> To be self-determined and independent</p>
<p><b>Beauty:</b> To appreciate beauty around me</p>	<p><b>Caring:</b> To take care of others</p>
<p><b>Challenge:</b> To take on difficult tasks and problems</p>	<p><b>Change:</b> To have a full life of change and variety</p>
<p><b>Comfort:</b> To have a pleasant and comfortable life</p>	<p><b>Commitment:</b> To make enduring, meaningful commitments</p>

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<p><b>Compassion:</b> To feel and act on concern for others</p>	<p><b>Contribution:</b> To make a lasting contribution in the world</p>
<p><b>Cooperation:</b> To work collaboratively with others</p>	<p><b>Courtesy:</b> To be considerate and polite toward others</p>
<p><b>Creativity:</b> To have new and original ideas</p>	<p><b>Dependability:</b> To be reliable and trustworthy</p>
<p><b>Duty:</b> To carry out my duties and obligations</p>	<p><b>Ecology/_____:</b> To live in harmony with the environment</p>

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<p><b>Excitement:</b> To have a life full of thrills and stimulation</p>	<p><b>Faithfulness:</b> To be loyal and true in relationships</p>
<p><b>Fame:</b> To be known and recognized</p>	<p><b>Family:</b> To have a happy, loving family</p>
<p><b>Fitness:</b> To be physically fit and strong</p>	<p><b>Flexibility:</b> To adjust to new circumstances easily</p>
<p><b>Forgiveness:</b> To be forgiving of others</p>	<p><b>Friendship:</b> To have close, supportive friends</p>

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<p><b>Fun:</b> To play and have fun</p>	<p><b>Generosity:</b> To give what I have to others</p>
<p><b>Genuineness:</b> To act in a manner that is true to who I am</p>	<p><b>Growth:</b> To keep changing and growing</p>
<p><b>Health (physical):</b> To be physically well and healthy</p>	<p><b>Health (spiritual):</b> To be spiritually well and healthy</p>
<p><b>Helpfulness:</b> To be helpful to others</p>	<p><b>Hospitality:</b> To be warm, friendly, and generous to guests and strangers</p>

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<p><b>Honesty:</b> To be honest and truthful</p>	<p><b>Hope:</b> To maintain a positive and optimistic outlook</p>
<p><b>Humility:</b> To be modest and unassuming</p>	<p><b>Humor:</b> To see the humorous side of myself and the world</p>
<p><b>Independence:</b> To be free from dependence on others</p>	<p><b>Industry:</b> To work hard and well at my life tasks</p>
<p><b>Inner Peace:</b> To experience personal peace</p>	<p><b>Intimacy:</b> To share my innermost experiences with others</p>

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<p><b>Justice:</b> To promote fair and equal treatment</p>	<p><b>Knowledge:</b> To learn and contribute valuable knowledge</p>
<p><b>Leisure:</b> To take time to relax and enjoy</p>	<p><b>Loved:</b> To be loved by those close to me</p>
<p><b>Loving:</b> To give love to others</p>	<p><b>Mastery:</b> To excel in my everyday activities</p>
<p><b>Mindfulness:</b> To live conscious and mindful of the present moment</p>	<p><b>Moderation:</b> To avoid excesses and find a middle ground</p>



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<p><b>Monogamy:</b> To have one close, loving relationship</p>	<p><b>Non-conformity:</b> To question and challenge authority and norms</p>
<p><b>Nurturance:</b> To take care of and nurture others</p>	<p><b>Openness:</b> To be open to new experiences, ideas and options</p>
<p><b>Order:</b> To have a life that is well-ordered and organized</p>	<p><b>Passion:</b> To have deep feelings about ideas, activities, or people</p>
<p><b>Pleasure:</b> To feel good</p>	<p><b>Popularity:</b> To be well-liked by many people</p>

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<p><b>Power:</b> To have control over others</p>	<p><b>Purpose:</b> To have meaning and direction in my life</p>
<p><b>Rationality:</b> To be guided by reason and logic</p>	<p><b>Realism:</b> To see and act realistically and practically</p>
<p><b>Responsibility:</b> To make and carry out responsible decisions</p>	<p><b>Risk:</b> To take risks and chances</p>
<p><b>Romance:</b> To have intense, exciting love in my life</p>	<p><b>Safety:</b> To be safe and secure</p>

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<p><b>Self-Acceptance:</b> To accept myself as I am</p>	<p><b>Self-Control:</b> To be disciplined in my own actions</p>
<p><b>Self-Esteem:</b> To feel good about myself</p>	<p><b>Self-Knowledge:</b> To have a deep and honest understanding of myself</p>
<p><b>Service:</b> To be of service to others</p>	<p><b>Sexuality:</b> To have an active and satisfying sex life</p>
<p><b>Simplicity:</b> To live life simply, with minimal needs</p>	<p><b>Solitude:</b> To have time and space where I can be apart from others</p>

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<p><b>Spirituality:</b> To grow and mature spiritually</p>	<p><b>Stability:</b> To have a life that stays fairly consistent</p>
<p><b>Tolerance:</b> To accept and respect those who differ from me</p>	<p><b>Tradition:</b> To embody a way(s) of life given to us by our ancestors</p>
<p><b>Virtue:</b> To live a morally pure and excellent life</p>	<p><b>Wealth:</b> To have plenty of money</p>
<p><b>World Peace:</b> To work to promote peace in the world</p>	<p><b>Self Determination:</b> The ability for American Indian/ Alaska Natives to make culturally informed decisions for the good of their people, by their rights as sovereign nations</p>

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<p><b>Respect:</b> The consideration of others as equals</p>	<p><b>Pride/Dignity:</b> A sense of worth, self-sufficiency, and strength</p>
<p><b>Empathy:</b> The ability to take the perspective of another and feel what they feel</p>	<p><b>Connection:</b> The sense that nothing is separate from anything else</p>
<p><b>Responsibility:</b> Acceptance for the outcomes of choices, actions and behaviors</p>	<p><b>Acceptance:</b> To be accepted as I am</p>
<p><b>Accuracy:</b> To be accurate in my opinions and beliefs</p>	<p><b>Other Value:</b></p>

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<b>Other Value:</b>	<b>Other Value:</b>
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