

**PERSONAL VALUES
CARD SORT**

**IMPORTANT
TO ME**

**VERY IMPORTANT
TO ME**

**NOT IMPORTANT
TO ME**

ACCEPTANCE

to be accepted as I am

1

ACCURACY

*to be accurate in my opinions
and beliefs*

2

ACHIEVEMENT

to have important accomplishments

3

ADVENTURE

to have new and exciting experiences

4

ATTRACTIVENESS

to be physically attractive

5

AUTHORITY

*to be in charge of and
responsible for others*

6

AUTONOMY

to be self-determined and independent

7

BEAUTY

to appreciate beauty around me

8

CARING

to take care of others

9

CHALLENGE

to take on difficult tasks and problems

10

CHANGE

*to have a life full of change
and variety*

11

COMFORT

to have a pleasant and comfortable life

12

COMMITMENT

*to make enduring, meaningful
commitments*

13

COMPASSION

to feel and act on concern for others

14

CONTRIBUTION

*to make a lasting contribution
in the world*

15

COOPERATION

to work collaboratively with others

16

COURTESY

to be considerate and polite toward others

17

CREATIVITY

to have new and original ideas

18

DEPENDABILITY

to be reliable and trustworthy

19

DUTY

to carry out my duties and obligations

20

ECOLOGY

to live in harmony with the environment

21

EXCITEMENT

to have a life full of thrills and stimulation

22

FAITHFULNESS

to be loyal and true in relationships

23

FAME

to be known and recognized

24

FAMILY

to have a happy, loving family

25

FITNESS

to be physically fit and strong

26

FLEXIBILITY

to adjust to new circumstances easily

27

FORGIVENESS

to be forgiving of others

28

FRIENDSHIP

to have close, supportive friends

29

FUN

to play and have fun

30

GENEROSITY

to give what I have to others

31

GENUINENESS

to act in a manner that is true to who I am

32

GOD'S WILL

to seek and obey the will of God

33

GROWTH

to keep changing and growing

34

HEALTH

to be physically well and healthy

35

HELPFULNESS

to be helpful to others

36

HONESTY

to be honest and truthful

37

HOPE

to maintain a positive and optimistic outlook

38

HUMILITY

to be modest and unassuming

39

HUMOR

to see the humorous side of myself and the world

40

INDEPENDENCE

to be free from dependence on others

41

INDUSTRY

to work hard and well at my life tasks

42

INNER PEACE

to experience personal peace

43

INTIMACY

to share my innermost experiences with others

44

JUSTICE

to promote fair and equal treatment for all

45

KNOWLEDGE

to learn and contribute valuable knowledge

46

LEISURE

to take time to relax and enjoy

47

LOVED

to be loved by those close to me

48

LOVING

to give love to others

49

MASTERY

*to be competent in my
everyday activities*

50

MINDFULNESS

*to live conscious and mindful
of the present moment*

51

MODERATION

*to avoid excesses and find a
middle ground*

52

MONOGAMY

to have one close, loving relationship

53

NON-CONFORMITY

*to question and challenge
authority and norms*

54

NURTURANCE

to take care of and nurture others

55

OPENNESS

*to be open to new experiences,
ideas, and options*

56

ORDER

to have a life that is well-ordered and organized

57

PASSION

to have deep feelings about ideas, activities, or people

58

PLEASURE

to feel good

59

POPULARITY

to be well-liked by many people

60

POWER

to have control over others

61

PURPOSE

to have meaning and direction in my life

62

RATIONALITY

to be guided by reason and logic

63

REALISM

to see and act realistically and practically

64

RESPONSIBILITY

to make and carry out responsible decisions

65

RISK

to take risks and chances

66

ROMANCE

*to have intense, exciting
love in my life*

67

SAFETY

to be safe and secure

68

SELF-ACCEPTANCE

to accept myself as I am

69

SELF-CONTROL

to be disciplined in my own actions

70

SELF-ESTEEM

to feel good about myself

71

SELF-KNOWLEDGE

*to have a deep and honest
understanding of myself*

72

SERVICE

to be of service to others

73

SEXUALITY

*to have an active and
satisfying sex life*

74

SIMPLICITY

to live life simply, with minimal needs

75

SOLITUDE

*to have time and space where I can
be apart from others*

76

SPIRITUALITY

to grow and mature spiritually

77

STABILITY

to have a life that stays fairly consistent

78

TOLERANCE

to accept and respect those who differ from me

79

TRADITION

to follow respected patterns of the past

80

VIRTUE

to live a morally pure and excellent life

81

WEALTH

to have plenty of money

82

WORLD PEACE

to work to promote peace in the world

83

Other Value:

84

Other Value:

85

Other Value:

86