

Personal Values Card Sort

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User Information

The Personal Values Card Sort is intended to help people clarify their own central values and consider how they might reflect those values in their daily lives. The usual procedure is to have the person sort the cards into 3-5 piles based on how important each value is. This set provides five cards to designate piles:

Not important to me
Somewhat important to me
Important to me
Very important to me
Most important to me

Next, have the person identify the 5-10 values that are most important to him or her. This might simply be the "most important" pile unless it contains more than 10 or fewer than 5 cards. Then have the person rank order these top values, with 1 being the most important or central to the person, 2 for the next most important and so on. There is a serial number on each card to facilitate recording and retaining a person's rated priorities.

The value of this process is often in the interview that follows, although the card sorting process can be useful in itself. You can find out more about the person's core values by asking open questions and following with reflective listening. Some examples of evocative questions you might ask include:

What does [value] mean to you?

Why did you choose this as an important value for you?

In what ways is this important to you?

How have you shown this core value in your daily life?

In what ways could you be even more true to this value?

This process can strengthen your understanding of the person and teach you much about the person's guiding principles for living.

Designed for Avery 5371 Business Card Template

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Not Important to Me

Somewhat Important to Me

Important to Me

Very Important to Me

Most Important to Me

Other value:

Other value:

Other value:

ACCEPTANCE

to be accepted as I am

1

ACCURACY

to be correct in my opinions and beliefs

2

ACHIEVEMENT

to have important accomplishments

3

ADVENTURE

to have new and exciting experiences

4

ART

to appreciate or express myself in art

5

ATTRACTIVENESS

to be physically attractive

6

AUTHORITY

to be in charge of others

7

AUTONOMY

to be self-determined and independent

8

BEAUTY

to appreciate beauty around me

9

BELONGING

to have a sense of belonging,
being part of

10

CARING

to take care of others

11

CHALLENGE

to take on difficult tasks and problems

12

COMFORT

to have a pleasant and comfortable life

13

COMMITMENT

**to make enduring, meaningful
commitments**

14

COMPASSION

to feel and act on concern for others

15

COMPLEXITY

to embrace the intricacies of life

16

COMPROMISE

**to be willing to give and take in
reaching agreements**

17

CONTRIBUTION

**to make a lasting contribution
in the world**

18

COOPERATION

to work collaboratively with others

19

COURAGE

**to be brave and strong in the
face of adversity**

20

COURTESY

**to be considerate and polite
toward others**

21

CREATIVITY

to create new things or ideas

22

CURIOSITY

**to seek out, experience, and learn
new things**

23

DEPENDABILITY

to be reliable and trustworthy

24

DILIGENCE

**to be thorough and conscientious in
whatever I do**

25

DUTY

to carry out my duties and obligations

26

ECOLOGY

to live in harmony with the environment

27

EXCITEMENT

**to have a life full of thrills
and stimulation**

28

FAITHFULNESS

to be loyal and true in relationships

29

FAME

to be known and recognized

30

FAMILY

to have a happy, loving family

31

FITNESS

to be physically fit and strong

32

FLEXIBILITY

to adjust to new circumstances easily

33

FORGIVENESS

to be forgiving of others

34

FREEDOM

**to be free from undue restrictions
and limitations**

35

FRIENDSHIP

to have close, supportive friends

36

FUN

to play and have fun

37

GENEROSITY

to give what I have to others

38

GENUINENESS

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

39

GOD'S WILL

to seek and obey the will of God

40

GRATITUDE

to be thankful and appreciative

41

GROWTH

to keep changing and growing

42

HEALTH

to be physically well and healthy

43

HONESTY

to be honest and truthful

44

HOPE

**to maintain a positive and
optimistic outlook**

45

HUMILITY

to be modest and unassuming

46

HUMOR

**to see the humorous side of myself
and the world**

47

IMAGINATION

to have dreams and see possibilities

48

INDEPENDENCE

to be free from depending on others

49

INDUSTRY

to work hard and well at my life tasks

50

INNER PEACE

to experience personal peace

51

INTEGRITY

**to live my daily life in a way that is
consistent with my values**

52

INTELLIGENCE

to keep my mind sharp and active

53

INTIMACY

**to share my innermost experiences
with others**

54

JUSTICE

**to promote fair and equal
treatment for all**

55

KNOWLEDGE

**to learn and contribute
valuable knowledge**

56

LEADERSHIP

to inspire and guide others

57

LEISURE

to take time to relax and enjoy

58

LOVED

to be loved by those close to me

59

LOVING

to give love to others

60

MASTERY

**to be competent in my
everyday activities**

61

MINDFULNESS

**to live conscious and mindful of
the present moment**

62

MODERATION

**to avoid excesses and find
a middle ground**

63

MONOGAMY

to have one close, loving relationship

64

MUSIC

to enjoy or express myself in music

65

NON-CONFORMITY

**to question and challenge
authority and norms**

66

NOVELTY

to have a life full of change and variety

67

NURTURANCE

to encourage and support others

68

OPENNESS

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

69

ORDER

**to have a life that is well-ordered
and organized**

70

PASSION

to have deep feelings about ideas,
activities, or people

71

PATRIOTISM

to love, serve, and protect my country

72

PLEASURE

to feel good

73

POPULARITY

to be well-liked by many people

74

POWER

to have control over others

75

PRACTICALITY

to focus on what is practical,
prudent, and sensible

76

PROTECT

to protect and keep safe those I love

77

PROVIDE

to provide for and take care of my family

78

PURPOSE

to have meaning and direction in my life

79

RATIONALITY

to be guided by reason, logic,
and evidence

80

REALISM

**to see and act realistically
and practically**

81

RESPONSIBILITY

**to make and carry out
responsible decisions**

82

RISK

to take risks and chances

83

ROMANCE

to have intense, exciting love in my life

84

SAFETY

to be safe and secure

85

SELF-ACCEPTANCE

to accept myself as I am

86

SELF-CONTROL

to be disciplined in my own actions

87

SELF-ESTEEM

to feel good about myself

88

SELF-KNOWLEDGE

**to have a deep and honest
understanding of myself**

89

SERVICE

to be helpful and of service to others

90

SEXUALITY

to have an active and satisfying sex life

91

SIMPLICITY

to live life simply, with minimal needs

92

SOLITUDE

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

93

SPIRITUALITY

to grow and mature spiritually

94

STABILITY

to have a life that stays fairly consistent

95

TOLERANCE

**to accept and respect those
who differ from me**

96

TRADITION

to follow respected patterns of the past

97

VIRTUE

to live a morally pure and excellent life

98

WEALTH

to have plenty of money

99

WORLD PEACE

to work to promote peace in the world

100