



## VALUE CARD SORTING EXERCISE

Sometimes we feel lost in life and have a hard time making choices. The Value Sort provides us an opportunity to reflect upon what is most important to you personally AKA our priorities. Knowing what we value most in our work, relationships, and other commitments makes it easier to respond to opportunities and conflicts with integrity.

Direction:

1. Print and cut out these little cards representing different values
2. Categorize these values into four different piles: *Not Important to Me, Important to Me, Very Important to Me, Not Sure, Let's Explore More.*
3. Try your best to narrow down the Very Important pile to only 5-7 items, since that's what we are able to hold in our short-term memory!

How can this exercise be helpful to you?

Although it's impossible to list out all the benefits and uses of this exercise through a simple worksheet, here're some benefits of this exercise:

1. Help you IDENTIFY the MEANINGS of your life, at least help you narrow it down
2. Since you only have 24 hours a day and 7 days a week, how do you plan to spend the time and energy in your life? Are you currently spending your time and energy towards values that are important to you? If so, how? If not, what's getting in the way?
3. Once you identify what's the most important to your life, what are some specific goals and steps you are willing to take to obtain, keep, or strengthen things that are important to you AKA prioritizing?

Note: This is not meant to be a quick fix or solution to the big question of "What's the meaning of my life" and it's not a substitution of therapy.

Adapted from Personal Values Card Sort. W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne. University of New Mexico, 2001

IMPORTANT TO ME	NOT IMPORTANT TO ME
VERY IMPORTANT TO ME	NOT SURE, LET'S EXPLORE MORE

<p style="text-align: center;"><b>ACCEPTANCE</b></p> <p style="text-align: center;">to be accepted as I am</p>	<p style="text-align: center;"><b>ACCURACY</b></p> <p style="text-align: center;">to be accurate in my opinions and beliefs</p>
<p style="text-align: center;"><b>ACHIEVEMENT</b></p> <p style="text-align: center;">to have important accomplishments</p>	<p style="text-align: center;"><b>ADVENTURE</b></p> <p style="text-align: center;">to have new and exciting experiences</p>
<p style="text-align: center;"><b>ATTRACTIVENESS</b></p> <p style="text-align: center;">to be physically attractive</p>	<p style="text-align: center;"><b>AUTHORITY</b></p> <p style="text-align: center;">to be in charge of and responsible for others</p>
<p style="text-align: center;"><b>AUTONOMY</b></p> <p style="text-align: center;">to be self-determined and independent</p>	<p style="text-align: center;"><b>BEAUTY</b></p> <p style="text-align: center;">to appreciate beauty around me</p>
<p style="text-align: center;"><b>CARING</b></p> <p style="text-align: center;">to take care of others</p>	<p style="text-align: center;"><b>CHALLENGE</b></p> <p style="text-align: center;">to take on difficult tasks and problems</p>
<p style="text-align: center;"><b>CHANGE</b></p> <p style="text-align: center;">to have a life full of change and variety</p>	<p style="text-align: center;"><b>COMFORT</b></p> <p style="text-align: center;">to have a pleasant and comfortable life</p>
<p style="text-align: center;"><b>COMMITMENT</b></p> <p style="text-align: center;">to make enduring, meaningful commitments</p>	<p style="text-align: center;"><b>COMPASSION</b></p> <p style="text-align: center;">to feel and act on concern for others</p>
<p style="text-align: center;"><b>CONTRIBUTION</b></p> <p style="text-align: center;">to make a lasting contribution in the world</p>	<p style="text-align: center;"><b>COOPERATION</b></p> <p style="text-align: center;">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>	<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>	<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>GOD’S WILL</b> to seek and obey the will of God</p>	<p><b>GROWTH</b> to keep changing and growing</p>
<p><b>HEALTH</b> to be physically well and healthy</p>	<p><b>HELPFULNESS</b> to be helpful to others</p>
<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>
<p><b>JUSTICE</b> to promote fair and equal treatment for all</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 style="text-align: center;"><b>LOVING</b> to give love to others</p>	<p style="text-align: center;"><b>MASTERY</b> to be competent in my everyday activities</p>
<p style="text-align: center;"><b>MINDFULNESS</b> to live conscious and mindful of the present moment</p>	<p style="text-align: center;"><b>MODERATION</b> to avoid excesses and find a middle ground</p>
<p style="text-align: center;"><b>MONOGAMY</b> to have one close, loving relationship</p>	<p style="text-align: center;"><b>NON-CONFORMITY</b> to question and challenge authority and norms 54 9/01</p>
<p style="text-align: center;"><b>NURTURANCE</b> to take care of and nurture others</p>	<p style="text-align: center;"><b>OPENNESS</b> to be open to new experiences, ideas, and options</p>
<p style="text-align: center;"><b>ORDER</b> to have a life that is well-ordered and organized</p>	<p style="text-align: center;"><b>PASSION</b> to have deep feelings about ideas, activities, or people</p>
<p style="text-align: center;"><b>PLEASURE</b> to feel good</p>	<p style="text-align: center;"><b>POPULARITY</b> to be well-liked by many people</p>
<p style="text-align: center;"><b>POWER</b> to have control over others</p>	<p style="text-align: center;"><b>PURPOSE</b> to have meaning and direction in my life</p>
<p style="text-align: center;"><b>RATIONALITY</b> to be guided by reason and logic</p>	<p style="text-align: center;"><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>
<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>
<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 follow respected patterns of the past</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>Other Value:</b></p>
<p><b>Other Value:</b></p>	<p><b>Other Value:</b></p>