



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 Cart 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;">ACCEPTANCE</p> <p style="text-align: center;">to be accepted as I am</p>	<p style="text-align: center;">ACCURACY</p> <p style="text-align: center;">to be accurate in my opinions and beliefs</p>
<p style="text-align: center;">ACHIEVEMENT</p> <p style="text-align: center;">to have important accomplishments</p>	<p style="text-align: center;">ADVENTURE</p> <p style="text-align: center;">to have new and exciting experiences</p>
<p style="text-align: center;">ATTRACTIVENESS</p> <p style="text-align: center;">to be physically attractive</p>	<p style="text-align: center;">AUTHORITY</p> <p style="text-align: center;">to be in charge of and responsible for others</p>
<p style="text-align: center;">AUTONOMY</p> <p style="text-align: center;">to be self-determined and independent</p>	<p style="text-align: center;">BEAUTY</p> <p style="text-align: center;">to appreciate beauty around me</p>
<p style="text-align: center;">CARING</p> <p style="text-align: center;">to take care of others</p>	<p style="text-align: center;">CHALLENGE</p> <p style="text-align: center;">to take on difficult tasks and problems</p>
<p style="text-align: center;">CHANGE</p> <p style="text-align: center;">to have a life full of change and variety</p>	<p style="text-align: center;">COMFORT</p> <p style="text-align: center;">to have a pleasant and comfortable life</p>
<p style="text-align: center;">COMMITMENT</p> <p style="text-align: center;">to make enduring, meaningful commitments</p>	<p style="text-align: center;">COMPASSION</p> <p style="text-align: center;">to feel and act on concern for others</p>
<p style="text-align: center;">CONTRIBUTION</p> <p style="text-align: center;">to make a lasting contribution in the world</p>	<p style="text-align: center;">COOPERATION</p> <p style="text-align: center;">to work collaboratively with others</p>

<p>COURTESY to be considerate and polite toward others</p>	<p>CREATIVITY to have new and original ideas</p>
<p>DEPENDABILITY to be reliable and trustworthy</p>	<p>DUTY to carry out my duties and obligations</p>
<p>ECOLOGY to live in harmony with the environment</p>	<p>EXCITEMENT to have a life full of thrills and stimulation</p>
<p>FAITHFULNESS to be loyal and true in relationships</p>	<p>FAME to be known and recognized</p>
<p>FAMILY to have a happy, loving family</p>	<p>FITNESS to be physically fit and strong</p>
<p>FLEXIBILITY to adjust to new circumstances easily</p>	<p>FORGIVENESS to be forgiving of others</p>
<p>FRIENDSHIP to have close, supportive friends</p>	<p>FUN to play and have fun</p>
<p>GENEROSITY to give what I have to others</p>	<p>GENUINENESS to act in a manner that is true to who I am</p>

<p>GOD’S WILL to seek and obey the will of God</p>	<p>GROWTH to keep changing and growing</p>
<p>HEALTH to be physically well and healthy</p>	<p>HELPFULNESS to be helpful to others</p>
<p>HONESTY to be honest and truthful</p>	<p>HOPE to maintain a positive and optimistic outlook</p>
<p>HUMILITY to be modest and unassuming</p>	<p>HUMOR to see the humorous side of myself and the world</p>
<p>INDEPENDENCE to be free from dependence on others</p>	<p>INDUSTRY to work hard and well at my life tasks</p>
<p>INNER PEACE to experience personal peace</p>	<p>INTIMACY to share my innermost experiences with others</p>
<p>JUSTICE to promote fair and equal treatment for all</p>	<p>KNOWLEDGE to learn and contribute valuable knowledge</p>
<p>LEISURE to take time to relax and enjoy</p>	<p>LOVED to be loved by those close to me</p>

<p style="text-align: center;">LOVING to give love to others</p>	<p style="text-align: center;">MASTERY to be competent in my everyday activities</p>
<p style="text-align: center;">MINDFULNESS to live conscious and mindful of the present moment</p>	<p style="text-align: center;">MODERATION to avoid excesses and find a middle ground</p>
<p style="text-align: center;">MONOGAMY to have one close, loving relationship</p>	<p style="text-align: center;">NON-CONFORMITY to question and challenge authority and norms 54 9/01</p>
<p style="text-align: center;">NURTURANCE to take care of and nurture others</p>	<p style="text-align: center;">OPENNESS to be open to new experiences, ideas, and options</p>
<p style="text-align: center;">ORDER to have a life that is well-ordered and organized</p>	<p style="text-align: center;">PASSION to have deep feelings about ideas, activities, or people</p>
<p style="text-align: center;">PLEASURE to feel good</p>	<p style="text-align: center;">POPULARITY to be well-liked by many people</p>
<p style="text-align: center;">POWER to have control over others</p>	<p style="text-align: center;">PURPOSE to have meaning and direction in my life</p>
<p style="text-align: center;">RATIONALITY to be guided by reason and logic</p>	<p style="text-align: center;">REALISM to see and act realistically and practically</p>

<p>RESPONSIBILITY to make and carry out responsible decisions</p>	<p>RISK to take risks and chances</p>
<p>ROMANCE to have intense, exciting love in my life</p>	<p>SAFETY to be safe and secure</p>
<p>SELF-ACCEPTANCE to accept myself as I am</p>	<p>SELF-CONTROL to be disciplined in my own actions</p>
<p>SELF-ESTEEM to feel good about myself</p>	<p>SELF-KNOWLEDGE to have a deep and honest understanding of myself</p>
<p>SERVICE to be of service to others</p>	<p>SEXUALITY to have an active and satisfying sex life</p>
<p>SIMPLICITY to live life simply, with minimal needs</p>	<p>SOLITUDE to have time and space where I can be apart from others</p>
<p>SPIRITUALITY to grow and mature spiritually</p>	<p>STABILITY to have a life that stays fairly consistent</p>
<p>TOLERANCE to accept and respect those who differ from me</p>	<p>TRADITION to follow respected patterns of the past</p>

<p>VIRTUE to live a morally pure and excellent life</p>	<p>WEALTH to have plenty of money</p>
<p>WORLD PEACE to work to promote peace in the world</p>	<p>Other Value:</p>
<p>Other Value:</p>	<p>Other Value:</p>