

# PERSONAL VALUES Card Sort Exercise

(created by W.R. Miller et al, University of New Mexico in 2001.)

- 1 To begin, print and cut out each card then shuffle all the value cards except for the blank 'Other Value' cards.
- 2 **IMPORTANT: READ AND COMPLETE EACH STEP IN ORDER, BEFORE MOVING ON.**
- 3 Once the cards are shuffled, go ahead and sort by placing all cards under the relevant heading – 'Very Important to Me', 'Important to ME', 'Not Important to ME'. Be quick, don't over analyse.
- 4 When done, check, move cards if necessary. Now remove all cards except those under 'Very Important'.
- 5 Prioritise then remove all cards except top 5.
- 6 Challenge yourself: 'Why is this important to me? Is it really MY value?'
- 7 Check priority again by comparing each value. 'If I could have X or Y which would I choose?'
- 8 Establish final, prioritised list of 5 values.





## **ACCEPTANCE**

to be accepted as I am

## **ACCURACY**

to be accurate in my opinions and beliefs

## **ACHIEVEMENT**

to have important accomplishments

## **ADVENTURE**

to have new and exciting experiences

## **ATTRACTIVENESS**

to be physically attractive

## **AUTHORITY**

to be in charge of and responsible for others

## **AUTONOMY**

to be self-determined and independent

## **BEAUTY**

to appreciate beauty around me

## **CARING**

to take care of others

## **CHALLENGE**

to take on difficult tasks and problems



## **CHANGE**

to have a life full of change and variety

## **COMFORT**

to have a pleasant and comfortable life

## **COMMITMENT**

to make enduring, meaningful commitments

## **COMPASSION**

to feel and act on concern for others

## **CONTRIBUTION**

to make a lasting contribution in the world

## **CO-OPERATION**

to work collaboratively with others

## **COURTESY**

to be considerate and polite toward others

## **CREATIVITY**

to have new and original ideas

## **DEPENDABILITY**

to be reliable and trustworthy

## **DUTY**

to carry out my duties and obligations



## **ECOLOGY**

to live in harmony with the environment

## **EXCITEMENT**

to have a life full of thrills and stimulation

## **FAITHFULNESS**

to be loyal and true in relationships

## **FAME**

to be known and recognised

## **FAMILY**

to have a happy, loving family

## **FITNESS**

to be physically fit and strong

## **FLEXIBILITY**

to adjust to new circumstances easily

## **FORGIVENESS**

to be forgiving of others

## **FRIENDSHIP**

to have close, supportive friends

## **FUN**

to play and have fun



## **GENEROSITY**

to give what I have to others

## **GENUINENESS**

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

## **GOD'S WILL**

to seek and obey the will of God

## **GROWTH**

to keep changing and growing

## **HEALTH**

to be physically well and healthy

## **HELPFULNESS**

to be helpful to others

## **HONESTY**

to be honest and truthful

## **HOPE**

to maintain a positive and optimistic outlook

## **HUMILITY**

to be modest and unassuming

## **HUMOUR**

to see the humorous side of myself and the world



## **INDEPENDENCE**

to be free from dependence on others

## **INDUSTRY**

to work hard and well at my life tasks

## **INNER PEACE**

to experience personal peace

## **INTIMACY**

to share my innermost experiences with others

## **JUSTICE**

to promote fair and equal treatment for all

## **KNOWLEDGE**

to learn and contribute valuable knowledge

## **LEISURE**

to take time to relax and enjoy

## **LOVED**

to be loved by those close to me

## **LOVING**

to give love to others

## **MASTERY**

to be competent in my everyday activities



## **MINDFULNESS**

to live conscious and mindful of the present moment

## **MODERATION**

to avoid excesses and find a middle ground

## **MONOGAMY**

to have one close, loving relationship

## **NON-CONFORMITY**

to question and challenge authority and norms

## **NURTURANCE**

to take care of and nurture others

## **OPENNESS**

to be open to new experiences, ideas, and options

## **ORDER**

to have a life that is well-ordered and organized

## **PASSION**

to have deep feelings about ideas, activities, or people

## **PLEASURE**

to feel good

## **POPULARITY**

to be well-liked by many people



## **POWER**

to have control over others

## **PURPOSE**

to have meaning and direction in my life

## **RATIONALITY**

to be guided by reason and logic

## **REALISM**

to see and act realistically and practically

## **RESPONSIBILITY**

to make and carry out responsible decisions

## **RISK**

to take risks and chances

## **ROMANCE**

to have intense, exciting love in my life

## **SAFETY**

to be safe and secure

## **SELF-ACCEPTANCE**

to accept myself as I am

## **SELF-CONTROL**

to be disciplined in my own actions



## **SELF-ESTEEM**

to feel good about myself

## **SELF-KNOWLEDGE**

to have a deep and honest understanding of myself

## **SERVICE**

to be of service to others

## **SEXUALITY**

to have an active and satisfying sex life

## **SIMPLICITY**

to live life simply, with minimal needs

## **SOLITUDE**

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

## **SPIRITUALITY**

to grow and mature spiritually

## **STABILITY**

to have a life that stays fairly consistent

## **TOLERANCE**

to accept and respect those who differ from me

## **TRADITION**

to follow respected patterns of the past



## **VIRTUE**

to live a morally pure and excellent life

## **WEALTH**

to have plenty of money

## **WORLD PEACE**

to work to promote peace in the world

**Other Value:**

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