

Understanding Your Personal Values



Personal Values Cards

The goal of this activity is to name and rank your personal values.

This exercise can help you with making decisions about your life and your health.

Here's how it works:



First, you will get 3 title cards: **Not important** | **Important** | **Very important**

Place them in front of you in 3 different columns or rows. Then, you will get a stack of value 50 cards. Each value card describes something that may represent a personal value. A personal value is something that really matters to you.

Look at each value card and place it under the title cards that best fits your values. There are also 2 blank cards to write in something that may be missing but is important to you. The goal is to sort all 50 cards. Using the 2 extra cards is optional. The only rule is that you can have no more than 10 cards under the "Very Important" title card.

Once you are finished, focus on the values you chose in the "Very important" pile and rank them in importance from **1 (high) to 5 (low)**.

Once you are finished with this activity, we will discuss how these values connect to your goals and your health, using the worksheets, **"My Values, My Goals, My Health."**

PERSONAL VALUES
Card Sort

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IMPORTANT TO ME

VERY IMPORTANT TO ME

NOT IMPORTANT TO ME

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

COOPERATION

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 recognized

FAMILY

to be forgiving of others

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

GENEROUSITY

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

HUMOR

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

OTHER VALUE:

WEALTH

to have plenty of money

OTHER VALUE:

WORLD PEACE

to work to promote peace in the world

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

OTHER VALUE: