

## *Value Card Sort*

### Overview:

A value can be thought of as a philosophy or belief that so deeply resonates with you that when you align your choices/decisions/behaviors with that value, life feels good/joyful/right.

In fact, one of the best definitions of Stress that I have ever heard is that when we are experiencing stress, we are most likely being blocked from living one of our Core Values in that moment.

Do enough work on values clarification and you can often discover what some call your Core Values (often 5 - 10). I think of this as your key drivers, ways of being that are your "must haves" to feel whole, fulfilled, satisfied.

### Instructions:

1. Print out this PDF with the print on one side only
2. Cut out all of the Value Cards
3. Place the Not Important to Me/Important to Me/Very Important to Me cards on your desk

#### Part I:

4. Begin sorting all of the Value Cards into these piles based on how each Value resonates inside you.
5. Sort and Resort your Very Important Pile until you have 10 to 15 Value Cards in this category.

#### Part II:

6. Focusing on each individual Value from your Very Important Pile, ask yourself the following question: What daily choices/decisions/behaviors would be evidence that I honor this value? How do I make this value come alive in my life?

<p align="center"><b>PERSONAL VALUES</b>  <b>Card Sort</b>  W.R. Miller, J. C'de Baca, D.B. Matthews, P.L.  Wilbourne  University of New Mexico, 2001</p>	<p align="center"><b>IMPORTANT TO ME</b></p>
<p align="center"><b>VERY IMPORTANT TO ME</b></p>	<p align="center"><b>NOT IMPORTANT TO ME</b></p>
<p align="center"><b>ACCEPTANCE</b>  to be accepted as I am</p> <p>1 <span style="float:right">9/01</span></p>	<p align="center"><b>ACCURACY</b>  to be accurate in my opinions and beliefs</p> <p>2 <span style="float:right">9/01</span></p>
<p align="center"><b>ACHIEVEMENT</b>  to have important accomplishments</p> <p>3 <span style="float:right">9/01</span></p>	<p align="center"><b>ADVENTURE</b>  to have new and exciting experiences</p> <p>4 <span style="float:right">9/01</span></p>
<p align="center"><b>ATTRACTIVENESS</b>  to be physically attractive</p> <p>5 <span style="float:right">9/01</span></p>	<p align="center"><b>AUTHORITY</b>  to be in charge of and responsible  for others</p> <p>6 <span style="float:right">9/01</span></p>

<p><b>AUTONOMY</b></p> <p>to be self-determined and independent</p> <p>7 9/01</p>	<p><b>BEAUTY</b></p> <p>to appreciate beauty around me</p> <p>8 9/01</p>
<p><b>CARING</b></p> <p>to take care of others</p> <p>9 9/01</p>	<p><b>CHALLENGE</b></p> <p>to take on difficult tasks and problems</p> <p>10 9/01</p>
<p><b>CHANGE</b></p> <p>to have a life full of change and variety</p> <p>11 9/01</p>	<p><b>COMFORT</b></p> <p>to have a pleasant and comfortable life</p> <p>12 9/01</p>
<p><b>COMMITMENT</b></p> <p>to make enduring, meaningful commitments</p> <p>13 9/01</p>	<p><b>COMPASSION</b></p> <p>to feel and act on concern for others</p> <p>14 9/01</p>
<p><b>CONTRIBUTION</b></p> <p>to make a lasting contribution in the world</p> <p>15 9/01</p>	<p><b>COOPERATION</b></p> <p>to work collaboratively with others</p> <p>16 9/01</p>

<p><b>COURTESY</b></p> <p>to be considerate and polite toward others</p> <p>17 9/01</p>	<p><b>CREATIVITY</b></p> <p>to have new and original ideas</p> <p>18 9/01</p>
<p><b>DEPENDABILITY</b></p> <p>to be reliable and trustworthy</p> <p>19 9/01</p>	<p><b>DUTY</b></p> <p>to carry out my duties and obligations</p> <p>20 9/01</p>
<p><b>ECOLOGY</b></p> <p>to live in harmony with the environment</p> <p>21 9/01</p>	<p><b>EXCITEMENT</b></p> <p>to have a life full of thrills and stimulation</p> <p>22 9/01</p>
<p><b>FAITHFULNESS</b></p> <p>to be loyal and true in relationships</p> <p>23 9/01</p>	<p><b>FAME</b></p> <p>to be known and recognized</p> <p>24 9/01</p>
<p><b>FAMILY</b></p> <p>to have a happy, loving family</p> <p>25 9/01</p>	<p><b>FITNESS</b></p> <p>to be physically fit and strong</p> <p>26 9/01</p>

<p><b>FLEXIBILITY</b></p> <p>to adjust to new circumstances easily</p> <p>27 9/01</p>	<p><b>FORGIVENESS</b></p> <p>to be forgiving of others</p> <p>28 9/01</p>
<p><b>FRIENDSHIP</b></p> <p>to have close, supportive friends</p> <p>29 9/01</p>	<p><b>FUN</b></p> <p>to play and have fun</p> <p>30 9/01</p>
<p><b>GENEROSITY</b></p> <p>to give what I have to others</p> <p>31 9/01</p>	<p><b>GENUINENESS</b></p> <p>to act in a manner that is true to who I am</p> <p>32 9/01</p>
<p><b>GOD'S WILL</b></p> <p>to seek and obey the will of God</p> <p>33 9/01</p>	<p><b>GROWTH</b></p> <p>to keep changing and growing</p> <p>34 9/01</p>
<p><b>HEALTH</b></p> <p>to be physically well and healthy</p> <p>35 9/01</p>	<p><b>HELPFULNESS</b></p> <p>to be helpful to others</p> <p>36 9/01</p>

<p><b>HONESTY</b></p> <p>to be honest and truthful</p> <p>37 9/01</p>	<p><b>HOPE</b></p> <p>to maintain a positive and optimistic outlook</p> <p>38 9/01</p>
<p><b>HUMILITY</b></p> <p>to be modest and unassuming</p> <p>39 9/01</p>	<p><b>HUMOR</b></p> <p>to see the humorous side of myself and the world</p> <p>40 9/01</p>
<p><b>INDEPENDENCE</b></p> <p>to be free from dependence on others</p> <p>41 9/01</p>	<p><b>INDUSTRY</b></p> <p>to work hard and well at my life tasks</p> <p>42 9/01</p>
<p><b>INNER PEACE</b></p> <p>to experience personal peace</p> <p>43 9/01</p>	<p><b>INTIMACY</b></p> <p>to share my innermost experiences with others</p> <p>44 9/01</p>
<p><b>JUSTICE</b></p> <p>to promote fair and equal treatment for all</p> <p>45 9/01</p>	<p><b>KNOWLEDGE</b></p> <p>to learn and contribute valuable knowledge</p> <p>46 9/01</p>

<p style="text-align: center;"><b>LEISURE</b></p> <p style="text-align: center;">to take time to relax and enjoy</p> <p>47 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>LOVED</b></p> <p style="text-align: center;">to be loved by those close to me</p> <p>48 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>LOVING</b></p> <p style="text-align: center;">to give love to others</p> <p>49 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>MASTERY</b></p> <p style="text-align: center;">to be competent in my everyday activities</p> <p>50 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>MINDFULNESS</b></p> <p style="text-align: center;">to live conscious and mindful of the present moment</p> <p>51 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>MODERATION</b></p> <p style="text-align: center;">to avoid excesses and find a middle ground</p> <p>52 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>MONOGAMY</b></p> <p style="text-align: center;">to have one close, loving relationship</p> <p>53 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>NON-CONFORMITY</b></p> <p style="text-align: center;">to question and challenge authority and norms</p> <p>54 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>NURTURANCE</b></p> <p style="text-align: center;">to take care of and nurture others</p> <p>55 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>OPENNESS</b></p> <p style="text-align: center;">to be open to new experiences, ideas, and options</p> <p>56 <span style="float: right;">9/01</span></p>

<p><b>ORDER</b></p> <p>to have a life that is well-ordered and organized</p> <p>57 9/01</p>	<p><b>PASSION</b></p> <p>to have deep feelings about ideas, activities, or people</p> <p>58 9/01</p>
<p><b>PLEASURE</b></p> <p>to feel good</p> <p>59 9/01</p>	<p><b>POPULARITY</b></p> <p>to be well-liked by many people</p> <p>60 9/01</p>
<p><b>POWER</b></p> <p>to have control over others</p> <p>61 9/01</p>	<p><b>PURPOSE</b></p> <p>to have meaning and direction in my life</p> <p>62 9/01</p>
<p><b>RATIONALITY</b></p> <p>to be guided by reason and logic</p> <p>63 9/01</p>	<p><b>REALISM</b></p> <p>to see and act realistically and practically</p> <p>64 9/01</p>
<p><b>RESPONSIBILITY</b></p> <p>to make and carry out responsible decisions</p> <p>65 9/01</p>	<p><b>RISK</b></p> <p>to take risks and chances</p> <p>66 9/01</p>

<p style="text-align: center;"><b>ROMANCE</b></p> <p style="text-align: center;">to have intense, exciting love in my life</p> <p>67 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SAFETY</b></p> <p style="text-align: center;">to be safe and secure</p> <p>69 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SELF-ACCEPTANCE</b></p> <p style="text-align: center;">to accept myself as I am</p> <p>68 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SELF-CONTROL</b></p> <p style="text-align: center;">to be disciplined in my own actions</p> <p>70 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SELF-ESTEEM</b></p> <p style="text-align: center;">to feel good about myself</p> <p>71 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SELF-KNOWLEDGE</b></p> <p style="text-align: center;">to have a deep and honest understanding of myself</p> <p>72 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SERVICE</b></p> <p style="text-align: center;">to be of service to others</p> <p>73 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SEXUALITY</b></p> <p style="text-align: center;">to have an active and satisfying sex life</p> <p>74 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SIMPLICITY</b></p> <p style="text-align: center;">to live life simply, with minimal needs</p> <p>75 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SOLITUDE</b></p> <p style="text-align: center;">to have time and space where I can be apart from others</p> <p>76 <span style="float: right;">9/01</span></p>

<p style="text-align: center;"><b>SPIRITUALITY</b></p> <p style="text-align: center;"><b>to grow and mature spiritually</b></p> <p>77 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>STABILITY</b></p> <p style="text-align: center;"><b>to have a life that stays fairly consistent</b></p> <p>78 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>TOLERANCE</b></p> <p style="text-align: center;"><b>to accept and respect those who differ from me</b></p> <p>79 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>TRADITION</b></p> <p style="text-align: center;"><b>to follow respected patterns of the past</b></p> <p>80 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>VIRTUE</b></p> <p style="text-align: center;"><b>to live a morally pure and excellent life</b></p> <p>81 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>WEALTH</b></p> <p style="text-align: center;"><b>to have plenty of money</b></p> <p>82 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>WORLD PEACE</b></p> <p style="text-align: center;"><b>to work to promote peace in the world</b></p> <p>83 <span style="float: right;">9/01</span></p>	<p><b>Other Value:</b></p>
<p><b>Other Value:</b></p>	<p><b>Other Value:</b></p>