

**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

1  
9/01

**ACCURACY**

to be accurate in my opinions and beliefs

2  
9/01

**ACHIEVEMENT**

to have important accomplishments

3  
9/01

**ADVENTURE**

to have new and exciting experiences

4  
9/01

**ATTRACTIVENESS**

to be physically attractive

5  
9/01

**AUTHORITY**

to be in charge of and responsible for others

6  
9/01

## **AUTONOMY**

to be self-determined and independent

7  
9/01

## **BEAUTY**

to appreciate beauty around me

8  
9/01

## **CARING**

to take care of others

9  
9/01

## **CHALLENGE**

to take on difficult tasks and problems

10  
9/01

## **COMFORT**

to have a pleasant and comfortable life

11  
9/01

## **CHANGE**

to have a life full of change and variety

12  
9/01

## **COMMITMENT**

to make enduring,  
meaningful commitments

13  
9/01

## **COMPASSION**

to feel and act on concern for others

14  
9/01

## **CONTRIBUTION**

to make a lasting contribution  
in the world

15  
9/01

## **COOPERATION**

to work collaboratively with others

16  
9/01

## **COURTESY**

**to be considerate and polite  
toward others**

**17**  
9/01

## **CREATIVITY**

**to have new and original ideas**

**18**  
9/01

## **DEPENDABILITY**

**to be reliable and trustworthy**

**19**  
9/01

## **DUTY**

**to carry out my duties and obligations**

**20**  
9/01

## **ECOLOGY**

**to live in harmony with the environment**

**21**  
9/01

## **EXCITEMENT**

**to have a life full of thrills and stimulation**

**22**  
9/01

## **FAITHFULNESS**

**to be loyal and true in relationships**

**23**  
9/01

## **FAME**

**to be known and recognized**

**24**  
9/01

## **FAMILY**

**to have a happy, loving family**

**25**  
9/01

## **FITNESS**

**to be physically fit and strong**

**26**  
9/01

## **FLEXIBILITY**

to adjust to new circumstances easily

**27**  
9/01

## **FORGIVENESS**

to be forgiving of others

**28**  
9/01

## **FRIENDSHIP**

to have close, supportive friends

**29**  
9/01

## **FUN**

to play and have fun

**30**  
9/01

## **GENEROSITY**

to give what i have to others

**31**  
9/01

## **GENUINESS**

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

**32**  
9/01

## **GOD'S WILL**

to seek and obey the will of God

**33**  
9/01

## **GROWTH**

to keep changing and growing

**34**  
9/01

## **HEALTH**

to be physically well and healthy

**35**  
9/01

## **HELPFULNESS**

to be helpful to others

**36**  
9/01

## **HONESTY**

to be honest and truthful

37  
9/01

## **HOPE**

to maintain a positive and optimistic outlook

38  
9/01

## **HUMILITY**

to be modest and unassuming

39  
9/01

## **HUMOR**

to see the humorous side of myself and the world

40  
9/01

## **INDEPENDENCE**

to be free from dependence on others

41  
9/01

## **INDUSTRY**

to work hard and well at my life tasks

42  
9/01

## **INNER PEACE**

to experience personal peace

43  
9/01

## **INTIMACY**

to share my innermost experiences with others

44  
9/01

## **JUSTICE**

to promote fair and equal treatment for all

45  
9/01

## **KNOWLEDGE**

to learn and contribute valuable knowledge

46  
9/01

## **LEISURE**

**to take time to relax and enjoy**

**47**  
9/01

## **LOVED**

**to be loved by those close to me**

**48**  
9/01

## **LOVING**

**to give love to others**

**49**  
9/01

## **MASTERY**

**to be competent in my everyday activities**

**50**  
9/01

## **MINDFULNESS**

**to live conscious and mindful  
of the present moment**

**51**  
9/01

## **MODERATION**

**to avoid excesses and find a  
middle ground**

**52**  
9/01

## **MONOGAMY**

**to have one close, loving relationship**

**53**  
9/01

## **NON-CONFORMITY**

**to question or challenge  
authority and norms**

**54**  
9/01

## **NURTURANCE**

**to take care of and nurture others**

**55**  
9/01

## **OPENNESS**

**to be open to new experiences,  
ideas, and options**

**56**  
9/01

## **ORDER**

**to have a life that is well-ordered  
and organized**

**57**  
9/01

## **PASSION**

**to have deep feelings about ideas,  
activities, or people**

**58**  
9/01

## **PLEASURE**

**to feel good**

**59**  
9/01

## **POPULARITY**

**to be well-liked by many people**

**60**  
9/01

## **POWER**

**to have control over others**

**61**  
9/01

## **PURPOSE**

**to have meaning and direction in my life**

**62**  
9/01

## **RATIONALITY**

**to be guided by reason and logic**

**63**  
9/01

## **REALISM**

**to see and act realistically  
and practically**

**64**  
9/01

## **RESPONSIBILITY**

**to make and carry out  
responsible decisions**

**65**  
9/01

## **RISK**

**to take risks and chances**

**66**  
9/01

## **ROMANCE**

**to have intense, exciting  
love in my life**

**67**  
9/01

## **SAFETY**

**to be safe and secure**

**68**  
9/01

## **SELF-ACCEPTANCE**

**to accept myself as I am**

**69**  
9/01

## **SELF-CONTROL**

**to be disciplined in my own actions**

**70**  
9/01

## **SELF-ESTEEM**

**to feel good about myself**

**71**  
9/01

## **SELF-KNOWLEDGE**

**to have a deep and honest  
understanding of myself**

**72**  
9/01

## **SERVICE**

**to be of service to others**

**73**  
9/01

## **SEXUALITY**

**to have an active and satisfying sex life**

**74**  
9/01

## **SIMPLICITY**

**to live life simply, with minimal needs**

**75**  
9/01

## **SOLITUDE**

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

**76**  
9/01



## **SPIRITUALITY**

**to grow and mature spiritually**

**77**  
9/01

## **STABILITY**

**to have a life that stays fairly consistent**

**78**  
9/01

## **TOLERANCE**

**to accept and respect those who  
differ from me**

**79**  
9/01

## **TRADITION**

**to follow respected patterns of the past**

**80**  
9/01

## **VIRTUE**

**to live a morally pure and excellent life**

**81**  
9/01

## **WEALTH**

**to have plenty of money**

**82**  
9/01

## **WORLD PEACE**

**to work to promote peace in the world**

**83**  
9/01

## **OTHER VALUE:**

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