

PERSONAL VALUES

We learn our values from our families and community. Values are at our core and may vary very little regarding from what's very important, important or not important. Quickly identify your connection to each of the words on this list.



Very Important.



Important



Not Important

~~Anything that is not applicable or indifferent to you~~

Feel free to color code if that feels more natural for you.

Reformatted Personal Values Card Sort, created by W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001

- | | |
|---|--|
| <input type="checkbox"/> ACCEPTANCE to be accepted as I am | <input type="checkbox"/> COOPERATION to work collaboratively with others |
| <input type="checkbox"/> ACCURACY to be accurate in my opinions & beliefs | <input type="checkbox"/> COURTESY to be considerate & polite toward others |
| <input type="checkbox"/> ACHIEVEMENT to have important accomplishments | <input type="checkbox"/> CREATIVITY to have new & original ideas |
| <input type="checkbox"/> ADVENTURE to have new & exciting experiences | <input type="checkbox"/> DEPENDABILITY to be reliable & trustworthy |
| <input type="checkbox"/> ATTRACTIVENESS to be physically attractive | <input type="checkbox"/> DUTY to carry out my duties & obligations |
| <input type="checkbox"/> AUTHORITY/ POWER to be in charge of, responsible for or in control of others | <input type="checkbox"/> ECOLOGY to live in harmony with the environment |
| <input type="checkbox"/> AUTONOMY to be self-determined & independent | <input type="checkbox"/> EXCITEMENT to have a life full of thrills & stimulation |
| <input type="checkbox"/> BEAUTY to appreciate beauty around me | <input type="checkbox"/> FAITHFULNESS to be loyal & true in relationships |
| <input type="checkbox"/> CHALLENGE to take on difficult tasks & problems | <input type="checkbox"/> FAME/ POPULARITY to be known, well liked, & recognized |
| <input type="checkbox"/> CHANGE to have a life full of change & variety | <input type="checkbox"/> FAMILY to have a happy, loving family |
| <input type="checkbox"/> COMFORT to have a pleasant & comfortable life | <input type="checkbox"/> FITNESS to be physically fit & strong |
| <input type="checkbox"/> COMMITMENT to make enduring, meaningful commitments | <input type="checkbox"/> FLEXIBILITY to adjust to new circumstances easily |
| <input type="checkbox"/> CARING/ COMPASSION/ NURTURANCE to feel & act on concern for others | <input type="checkbox"/> FORGIVENESS to be forgiving of others |
| <input type="checkbox"/> CONTRIBUTION to make a lasting contribution in the world | <input type="checkbox"/> FRIENDSHIP to have close, supportive friends |
| | <input type="checkbox"/> FUN/PLEASURE to play, feel good & enjoy |
| | <input type="checkbox"/> GENEROSITY to give what I have to others |

- GENUINENESS to act in a way that is true to who I am
- GOD'S WILL to seek & obey the will of God
- GROWTH to keep changing & growing
- HEALTH to be physically well & healthy
- HELPFULNESS to be helpful to others
- HONESTY to be honest & truthful
- HOPE to maintain a positive & optimistic outlook
- HUMILITY to be modest & unassuming
- HUMOR to see the humorous side of myself & the world
- INDEPENDENCE to be free from dependence on others
- INDUSTRY to work hard & well at my life tasks
- INNER PEACE to experience personal peace
- INTIMACY to share my innermost experiences with others
- JUSTICE to promote fair & equal treatment for all
- KNOWLEDGE to learn & contribute valuable knowledge
- LEISURE to take time to relax & enjoy
- LOVE to be loved or give love to those close to me
- MASTERY to be competent in my everyday activities
- MINDFULNESS to live conscious & mindful of the present moment
- MODERATION to avoid excesses & find a middle ground
- MONOGAMY to have one close, loving relationship
- NON-CONFORMITY to question & challenge authority & norms
- OPENNESS to be open to new experiences, ideas, & options
- ORDER to have a life that is well-ordered & organized
- PASSION to have deep feelings about ideas, activities, or people
- PURPOSE to have meaning & direction in my life
- RATIONALITY to be guided by reason & logic
- REALISM to see & act realistically & practically
- RESPONSIBILITY to make & carry out responsible decisions
- RISK to take risks & chances
- ROMANCE to have intense, exciting love in my life
- SAFETY to be safe & secure
- SELF-CONTROL to be disciplined in my own actions
- SELF-ESTEEM / SELF-ACCEPTANCE to feel good about myself, accept myself as I am
- SELF-KNOWLEDGE to have a deep & honest understanding of myself
- SERVICE to be of service to others
- SEXUALITY to have an active & satisfying sex life
- SIMPLICITY to live life simply, with minimal needs
- SOLITUDE to have time & space where I can be apart from others
- SPIRITUALITY to grow & mature spiritually
- STABILITY to have a life that stays fairly consistent
- TOLERANCE to accept & respect those who differ from me
- TRADITION to follow respected patterns of the past
- VIRTUE to live a morally pure & excellent life
- WEALTH to have plenty of money

PERSONAL VALUES

Identify 1o Personal Values for each list of:

★ Very Important. ○ Important ✗ Not Important

These lists become very useful in evaluating life situations, decisions, and gaining insight regarding misunderstandings or disagreements. Your personal values are rooted in your thoughts, behaviors and decisions. Improve communication and develop clarity through deepened understanding of yourself.

★ Very Important

○ Important

✗ Not Important

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