Not important to me

SORTING PILE

Very important to me

SORTING PILE

Authority

to be in charge of and responsible for others

Adventure

to have new and exciting experiences

Accuracy

to be accurate in my opinions and beliefs

Important to me

SORTING PILE

Autonomy

to be self-determined and independent

Attractiveness

to be physically attractive

Achievement

to have important accomplishments

Acceptance

to be accepted as I am

Cooperation

to work collaboratively with others

Compassion

to feel and act on concern for others

Comfort

to have a pleasant and comfortable life

Challenge

to take on difficult tasks and problems

Beauty

to appreciate beauty around me

Courtesy

to be considerate and polite toward others

Contribution

to make a lasting contribution in the world

Commitment

to make enduring, meaningful commitments

Change

to have a life full of change and variety

Caring

to take care of others

Fitness

to be physically fit and strong

Fame

to be known and recognized

Excitement

to have a life full of thrills and stimulation

Duty

to carry out my duties and obligations

Creativity

to have new and original ideas

Flexibility

to adjust to new circumstances easily

Family

to have a happy, loving family

Faithfulness

to be loyal and true in relationships

Ecology

to live in harmony with the environment

Dependability

to be reliable and trustworthy

Helpfulness

to be helpful to others

Growth

to keep changing and growing

Genuineness

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

Fun

to play and have fun

Forgiveness

to be forgiving of others

Honesty

to be honest and truthful

Health

to be physically well and healthy

God's Will

to seek and obey the will of God

Generosity

to give what I have to others

Friendship

to have close, supportive friends

Knowledge

to learn and contribute valuable knowledge

Intimacy

to share my innermost experiences with others

Industry

to work hard and well at my life tasks

Humor

to see the humorous side of myself and the world

Hope

to maintain a positive and optimistic outlook

Leisure

to take time to relax and enjoy

Justice

to promote fair and equal treatment for all

Inner Peace

to experience personal peace

Independence

to be free from dependence on others

Humility

to be modest and unassuming

Openness

to be open to new experiences, ideas, and options

Non-Conformity

to question and challenge authority and norms

Moderation

to avoid excesses and find a middle ground

Mastery

to be competent in my everyday activities

Loved

to be loved by those close to me

Order

to have a life that is well-ordered and organized

Nurturance

to take care of and nurture others

Monogamy

to have one close, loving relationship

Mindfulness

to live conscious and mindful of the present moment

Loving

to give love to others

Risk

to take risks and chances

Realism

to see and act realistically and practically

Purpose

to have meaning and direction in my life

Popularity

to be well-liked by many people

Passion

to have deep feelings about ideas, activities, or people

Romance

to have intense, exciting love in my life

Responsibility

to make and carry out responsible decisions

Rationality

to be guided by reason and logic

Power

to have control over others

Pleasure

to feel good

Solitude

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

Sexuality

to have an active and satisfying sex life

Self-Knowledge

to have a deep and honest understanding of myself

Self-Control

to be disciplined in my own actions

Safety

to be safe and secure

Spirituality

to grow and mature spiritually

Simplicity

to live life simply, with minimal needs

Service

to be of service to others

Self-Esteem

to feel good about myself

Self-Acceptance

to accept myself as I am

Other value

Other value

Other value

Other value

Wealth

to have plenty of money

Tradition

to follow respected patterns of the past

Stability

to have a life that stays fairly consistent

World Peace

to work to promote peace in the world

Virtue

to live a morally pure and excellent life

Tolerance

to accept and respect those who differ from me

About this deck

The values and their descriptions come from the Personal Values Card Sort by W. R. Miller, J. C'de Baca, D. B. Matthews, and P. L. Wilbourne, University of New Mexico, 2001. The wording follows the original, without its card numbers and revision dates.

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To use the deck, sort every card into one of the three piles, then choose your ten most important values, then your top five in order. The worksheet and instructions at myvaluescardsort.com walk you through it.

Printing

- Print at actual size, not fit to page. Card stock holds up best.
- For the version with backs, print double-sided and flip on the long edge.
- For the Avery version, use Avery 5371 or another 2 by 3.5 inch business card sheet with ten cards per page.

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