# Your values card sort

An Everyday Insight tool
myvaluescardsort.com

A between-session activity, usually 15 to 25 minutes.

This activity helps you work out, in your own words, what matters most to you. You will sort 83 value cards, like family, honesty, adventure, and independence, into piles by how important each one is to you. Then you narrow them down to the handful that matter most. Seeing your own priorities laid out clearly often makes decisions, and conversations about them, easier.

## Two ways to do it

### Online

The easiest way. Use the interactive version at myvaluescardsort.com on your phone, tablet, or computer. It walks you through every step, and what you enter stays on your device.

### On paper

Sort the printed card deck into three piles, using the three sorting pile cards. Then record your results on the worksheet that comes with these instructions.

## The steps

1. Go through the cards one at a time, placing each in very important to me, important to me, or not important to me. Go with your first instinct.
2. From your very important pile, choose the ten that feel most central to who you are.
3. From those ten, choose five and put them in order of importance.
4. For each of your five, write a few words about why it matters or how you are living it right now.

## A few reassurances

There are no right or wrong answers. Sort by what is true for you now, not by what should matter or what others expect. Putting a value in the not important pile is not a judgment of it. If choosing feels hard in places, that is normal. The hard ones often say the most about what you value.

## What to bring to your next session

- Your top five in order, with your notes. The paper worksheet, a printout, or a copy from the website all work.
- Anything that surprised you, and any cards that were hard to place.

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