Personal values checklist

An Everyday Insight tool
myvaluescardsort.com

All 83 values from the Personal Values Card Sort. Go through the list twice, then choose the five that matter most.

☐ **First pass.** Check anything that matters to you at all. ☆ **Second pass.** Star the ones that are very important.

Connection and relationships

☐ ☆ Caring ☐ ☆ Compassion ☐ ☆ Cooperation ☐ ☆ Courtesy ☐ ☆ Faithfulness
☐ ☆ Family ☐ ☆ Forgiveness ☐ ☆ Friendship ☐ ☆ Generosity ☐ ☆ Helpfulness
☐ ☆ Intimacy ☐ ☆ Loved ☐ ☆ Loving ☐ ☆ Monogamy ☐ ☆ Nurturance
☐ ☆ Romance ☐ ☆ Service ☐ ☆ Sexuality ☐ ☆ Tolerance

Self and inner life

☐ ☆ Acceptance ☐ ☆ Self-Acceptance ☐ ☆ Self-Esteem ☐ ☆ Self-Knowledge ☐ ☆ Genuineness
☐ ☆ Inner Peace ☐ ☆ Mindfulness ☐ ☆ Hope ☐ ☆ Humility ☐ ☆ Humor
☐ ☆ Self-Control ☐ ☆ Solitude

Growth, learning, and purpose

☐ ☆ Growth ☐ ☆ Purpose ☐ ☆ Knowledge ☐ ☆ Creativity ☐ ☆ Openness
☐ ☆ Challenge ☐ ☆ Mastery ☐ ☆ Achievement ☐ ☆ Industry ☐ ☆ Spirituality
☐ ☆ God's Will

Integrity and contribution

☐ ☆ Honesty ☐ ☆ Dependability ☐ ☆ Responsibility ☐ ☆ Duty ☐ ☆ Commitment
☐ ☆ Virtue ☐ ☆ Justice ☐ ☆ Contribution ☐ ☆ World Peace ☐ ☆ Ecology
☐ ☆ Accuracy ☐ ☆ Rationality ☐ ☆ Realism ☐ ☆ Non-Conformity

Vitality, joy, and adventure

☐ ☆ Adventure ☐ ☆ Excitement ☐ ☆ Change ☐ ☆ Risk ☐ ☆ Fun
☐ ☆ Pleasure ☐ ☆ Leisure ☐ ☆ Passion ☐ ☆ Beauty ☐ ☆ Flexibility

Stability, health, and security

☐ ☆ Health ☐ ☆ Fitness ☐ ☆ Safety ☐ ☆ Stability ☐ ☆ Order
☐ ☆ Comfort ☐ ☆ Moderation ☐ ☆ Simplicity ☐ ☆ Tradition ☐ ☆ Wealth

Autonomy, influence, and recognition

☐ ☆ Autonomy ☐ ☆ Independence ☐ ☆ Authority ☐ ☆ Power ☐ ☆ Fame
☐ ☆ Popularity ☐ ☆ Attractiveness
☐ ☆ Other ☐ ☆ Other

My five

From your starred values, the five you would keep if you could keep only five.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Values 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. Public domain. The headings were added for readability.
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