Personal values checklist

An Everyday Insight tool
myvaluescardsort.com

All 83 values from the Personal Values Card Sort, each with a short meaning. 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

How I love, care for, and belong with others

- ☐ ☆ **Caring** to take care of others
- ☐ ☆ **Cooperation** to work collaboratively with others
- ☐ ☆ **Faithfulness** to be loyal and true in relationships
- ☐ ☆ **Forgiveness** to be forgiving of others
- ☐ ☆ **Generosity** to give what I have to others
- ☐ ☆ **Intimacy** to share my innermost experiences with others
- ☐ ☆ **Loving** to give love to others
- ☐ ☆ **Nurturance** to take care of and nurture others
- ☐ ☆ **Service** to be of service to others
- ☐ ☆ **Tolerance** to accept and respect those who differ from me
- ☐ ☆ **Compassion** to feel and act on concern for others
- ☐ ☆ **Courtesy** to be considerate and polite toward others
- ☐ ☆ **Family** to have a happy, loving family
- ☐ ☆ **Friendship** to have close, supportive friends
- ☐ ☆ **Helpfulness** to be helpful to others
- ☐ ☆ **Loved** to be loved by those close to me
- ☐ ☆ **Monogamy** to have one close, loving relationship
- ☐ ☆ **Romance** to have intense, exciting love in my life
- ☐ ☆ **Sexuality** to have an active and satisfying sex life

Self and inner life

How I relate to myself and my own experience

- ☐ ☆ **Acceptance** to be accepted as I am
- ☐ ☆ **Self-Esteem** to feel good about myself
- ☐ ☆ **Genuineness** to act in a manner that is true to who I am
- ☐ ☆ **Mindfulness** to live conscious and mindful of the present moment
- ☐ ☆ **Humility** to be modest and unassuming
- ☐ ☆ **Self-Control** to be disciplined in my own actions
- ☐ ☆ **Self-Acceptance** to accept myself as I am
- ☐ ☆ **Self-Knowledge** to have a deep and honest understanding of myself
- ☐ ☆ **Inner Peace** to experience personal peace
- ☐ ☆ **Hope** to maintain a positive and optimistic outlook
- ☐ ☆ **Humor** to see the humorous side of myself and the world
- ☐ ☆ **Solitude** to have time and space where I can be apart from others

Growth, learning, and purpose

What I am building, becoming, and reaching toward

- ☐ ☆ **Growth** to keep changing and growing
- ☐ ☆ **Knowledge** to learn and contribute valuable knowledge
- ☐ ☆ **Openness** to be open to new experiences, ideas, and options
- ☐ ☆ **Mastery** to be competent in my everyday activities
- ☐ ☆ **Industry** to work hard and well at my life tasks
- ☐ ☆ **God's Will** to seek and obey the will of God
- ☐ ☆ **Purpose** to have meaning and direction in my life
- ☐ ☆ **Creativity** to have new and original ideas
- ☐ ☆ **Challenge** to take on difficult tasks and problems
- ☐ ☆ **Achievement** to have important accomplishments
- ☐ ☆ **Spirituality** to grow and mature spiritually

Integrity and contribution

The principles I want to stand on and give to the world

- ☐ ☆ **Honesty** to be honest and truthful
- ☐ ☆ **Responsibility** to make and carry out responsible decisions
- ☐ ☆ **Commitment** to make enduring, meaningful commitments
- ☐ ☆ **Justice** to promote fair and equal treatment for all
- ☐ ☆ **World Peace** to work to promote peace in the world
- ☐ ☆ **Accuracy** to be accurate in my opinions and beliefs
- ☐ ☆ **Realism** to see and act realistically and practically
- ☐ ☆ **Dependability** to be reliable and trustworthy
- ☐ ☆ **Duty** to carry out my duties and obligations
- ☐ ☆ **Virtue** to live a morally pure and excellent life
- ☐ ☆ **Contribution** to make a lasting contribution in the world
- ☐ ☆ **Ecology** to live in harmony with the environment
- ☐ ☆ **Rationality** to be guided by reason and logic
- ☐ ☆ **Non-Conformity** to question and challenge authority and norms

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Vitality, joy, and adventure

What makes life feel alive and worth showing up for

- ☐ ☆ **Adventure** to have new and exciting experiences
- ☐ ☆ **Change** to have a life full of change and variety
- ☐ ☆ **Fun** to play and have fun
- ☐ ☆ **Leisure** to take time to relax and enjoy
- ☐ ☆ **Beauty** to appreciate beauty around me
- ☐ ☆ **Excitement** to have a life full of thrills and stimulation
- ☐ ☆ **Risk** to take risks and chances
- ☐ ☆ **Pleasure** to feel good
- ☐ ☆ **Passion** to have deep feelings about ideas, activities, or people
- ☐ ☆ **Flexibility** to adjust to new circumstances easily

Stability, health, and security

What helps me feel safe, steady, and well

- ☐ ☆ **Health** to be physically well and healthy
- ☐ ☆ **Safety** to be safe and secure
- ☐ ☆ **Order** to have a life that is well-ordered and organized
- ☐ ☆ **Moderation** to avoid excesses and find a middle ground
- ☐ ☆ **Tradition** to follow respected patterns of the past
- ☐ ☆ **Fitness** to be physically fit and strong
- ☐ ☆ **Stability** to have a life that stays fairly consistent
- ☐ ☆ **Comfort** to have a pleasant and comfortable life
- ☐ ☆ **Simplicity** to live life simply, with minimal needs
- ☐ ☆ **Wealth** to have plenty of money

Autonomy, influence, and recognition

How I hold my own power and how I am seen

- ☐ ☆ **Autonomy** to be self-determined and independent
- ☐ ☆ **Authority** to be in charge of and responsible for others
- ☐ ☆ **Fame** to be known and recognized
- ☐ ☆ **Attractiveness** to be physically attractive
- ☐ ☆ **Independence** to be free from dependence on others
- ☐ ☆ **Power** to have control over others
- ☐ ☆ **Popularity** to be well-liked by many people
- ☐ ☆ **Other** _____
- ☐ ☆ **Other** _____

My five

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

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

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