Personal values

An Everyday Insight tool
myvaluescardsort.com

All 83 values from the Personal Values Card Sort. The seven headings were added to make the list easier to read.

Connection and relationships

How I love, care for, and belong with others

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

Self and inner life

How I relate to myself and my own experience

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

Growth, learning, and purpose

What I am building, becoming, and reaching toward

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

Integrity and contribution

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

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

Vitality, joy, and adventure

What makes life feel alive and worth showing up for

Adventure	Excitement	Change	Risk	Fun
Pleasure	Leisure	Passion	Beauty	Flexibility

Stability, health, and security

What helps me feel safe, steady, and well

Health	Fitness	Safety	Stability	Order
Comfort	Moderation	Simplicity	Tradition	Wealth

Autonomy, influence, and recognition

How I hold my own power and how I am seen

Autonomy	Independence	Authority	Power	Fame
Popularity	Attractiveness			

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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