Personal values

All 83 values from the Personal Values Card Sort, each with a short meaning. 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 to take care of others
Compassion to feel and act on concern for others
Cooperation to work collaboratively with others
Courtesy to be considerate and polite toward others
Faithfulness to be loyal and true in relationships
Family to have a happy, loving family
Forgiveness to be forgiving of others
Friendship to have close, supportive friends
Generosity to give what I have to others
Helpfulness to be helpful to others
Intimacy to share my innermost experiences with others
Loved to be loved by those close to me
Loving to give love to others
Monogamy to have one close, loving relationship
Nurturance to take care of and nurture others
Romance to have intense, exciting love in my life
Service to be of service to others
Sexuality to have an active and satisfying sex life
Tolerance to accept and respect those who differ from me

Self and inner life

How I relate to myself and my own experience

Acceptance to be accepted as I am
Self-Acceptance to accept myself as I am
Self-Esteem to feel good about myself
Self-Knowledge to have a deep and honest understanding of myself
Genuineness to act in a manner that is true to who I am
Inner Peace to experience personal peace
Mindfulness to live conscious and mindful of the present moment
Hope to maintain a positive and optimistic outlook
Humility to be modest and unassuming
Humor to see the humorous side of myself and the world
Self-Control to be disciplined in my own actions
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
Purpose to have meaning and direction in my life
Knowledge to learn and contribute valuable knowledge
Creativity to have new and original ideas
Openness to be open to new experiences, ideas, and options
Challenge to take on difficult tasks and problems
Mastery to be competent in my everyday activities
Achievement to have important accomplishments
Industry to work hard and well at my life tasks
Spirituality to grow and mature spiritually
God's Will to seek and obey the will of God

Integrity and contribution

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

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

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