Values card sort

An Everyday Insight tool
myvaluescardsort.com

A recording worksheet for the printed card deck.

Name _____ Date _____

1 Sort the cards

Place each card in one of three piles: very important to me, important to me, or not important to me. Go with your gut. There are no right answers. Blank cards are for your own values.

2 Your top ten

From your very important pile, choose the ten that feel most central to who you are.

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

3 Your top five, in order

For each one, add a few words about why it matters to you or how you are living it right now.

VALUE	WHY IT MATTERS, OR HOW I AM LIVING IT
1	
2	
3	
4	
5	

4 One small step

Pick one value from your top five. What is one small thing you could do this week that would express it?

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.
For education and reflection. Not a substitute for professional care.
Free to copy for personal, clinical, and educational use. © 2026 Everyday Insight LLC · myvaluescardsort.com