

## Personal Values Card Sort\*

There are multiple ways to use the Personal Values Card Sort. I have included this instruction for how I use this tool, but feel free to complete your own research and use the method you prefer.

It is important to realize that you can't get this card sort "wrong".

There is no perfect, no pressure.

This is not a competition.

Have fun getting to know yourself with more clarity!

1. Sort each of the cards into one of the three different piles.

**Very important to me**

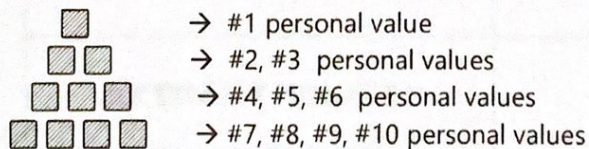
**Important to me**

**Not important to me**

2. Move the cards that were sorted into the "Important to me" and "not important to me" piles off to the side. These two piles will not be used.

3. Using only the pile of "very important to me" cards, select just the top 10 values.. all others are discarded and will not be used.

4. Using only the final 10, form a pyramid by placing the cards in order like this:



Once the pyramid is formed—consider any of the follow options for discussion or make up your own.

How did you feel making this pyramid?

What thoughts came to mind for you?

Is there anything that surprises you?

How are your daily choices, activities, and thoughts aligned with these values?

- I recommend therapists construct their own pyramid first, before practicing on clients.
- Couples can do their pyramids separately then compare and discuss with each other.
- Families can also do their individual pyramids then discuss as a family.
- Families may work together to create a collective family mission of values if desired.

\*Personal Values Card Sort by W.R. Miller, J. C' de Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001

<p align="center"><b>PERSONAL VALUES</b> <b>Card Sort</b></p> <p align="center">W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001</p>	<p align="center"><b>IMPORTANT TO ME</b></p>
<p align="center"><b>VERY IMPORTANT TO ME</b></p>	<p align="center"><b>NOT IMPORTANT TO ME</b></p>
<p align="center"><b>ACCEPTANCE</b></p> <p align="center">to be accepted as I am</p> <p>1 <span style="float: right;">9/01</span></p>	<p align="center"><b>ACCURACY</b></p> <p align="center">to be accurate in my opinions and beliefs</p> <p>2 <span style="float: right;">9/01</span></p>
<p align="center"><b>ACHIEVEMENT</b></p> <p align="center">to have important accomplishments</p> <p>3 <span style="float: right;">9/01</span></p>	<p align="center"><b>ADVENTURE</b></p> <p align="center">to have new and exciting experiences</p> <p>4 <span style="float: right;">9/01</span></p>
<p align="center"><b>ATTRACTIVENESS</b></p> <p align="center">to be physically attractive</p> <p>5 <span style="float: right;">9/01</span></p>	<p align="center"><b>AUTHORITY</b></p> <p align="center">to be in charge of and responsible for others</p> <p>6 <span style="float: right;">9/01</span></p>



Cut out each card

<p style="text-align: center;"><b>AUTONOMY</b></p> <p style="text-align: center;">to be self-determined and independent</p> <p>7 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>BEAUTY</b></p> <p style="text-align: center;">to appreciate beauty around me</p> <p>8 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>CARING</b></p> <p style="text-align: center;">to take care of others</p> <p>9 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>CHALLENGE</b></p> <p style="text-align: center;">to take on difficult tasks and problems</p> <p>10 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>CHANGE</b></p> <p style="text-align: center;">to have a life full of change and variety</p> <p>11 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>COMFORT</b></p> <p style="text-align: center;">to have a pleasant and comfortable life</p> <p>12 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>COMMITMENT</b></p> <p style="text-align: center;">to make enduring, meaningful commitments</p> <p>13 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>COMPASSION</b></p> <p style="text-align: center;">to feel and act on concern for others</p> <p>14 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>CONTRIBUTION</b></p> <p style="text-align: center;">to make a lasting contribution in the world</p> <p>15 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>COOPERATION</b></p> <p style="text-align: center;">to work collaboratively with others</p> <p>16 <span style="float: right;">9/01</span></p>

<p style="text-align: center;"><b>COURTESY</b></p> <p style="text-align: center;">to be considerate and polite toward others</p> <p>17 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>CREATIVITY</b></p> <p style="text-align: center;">to have new and original ideas</p> <p>18 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>DEPENDABILITY</b></p> <p style="text-align: center;">to be reliable and trustworthy</p> <p>19 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>DUTY</b></p> <p style="text-align: center;">to carry out my duties and obligations</p> <p>20 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>ECOLOGY</b></p> <p style="text-align: center;">to live in harmony with the environment</p> <p>21 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>EXCITEMENT</b></p> <p style="text-align: center;">to have a life full of thrills and stimulation</p> <p>22 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>FAITHFULNESS</b></p> <p style="text-align: center;">to be loyal and true in relationships</p> <p>23 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>FAME</b></p> <p style="text-align: center;">to be known and recognized</p> <p>24 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>FAMILY</b></p> <p style="text-align: center;">to have a happy, loving family</p> <p>25 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>FITNESS</b></p> <p style="text-align: center;">to be physically fit and strong</p> <p>26 <span style="float: right;">9/01</span></p>

<p style="text-align: center;"><b>FLEXIBILITY</b></p> <p style="text-align: center;">to adjust to new circumstances easily</p> <p>27 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>FORGIVENESS</b></p> <p style="text-align: center;">to be forgiving of others</p> <p>28 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>FRIENDSHIP</b></p> <p style="text-align: center;">to have close, supportive friends</p> <p>29 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>FUN</b></p> <p style="text-align: center;">to play and have fun</p> <p>30 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>GENEROSITY</b></p> <p style="text-align: center;">to give what I have to others</p> <p>31 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>GENUINENESS</b></p> <p style="text-align: center;">to act in a manner that is true to who I am</p> <p>32 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>GOD'S WILL</b></p> <p style="text-align: center;">to seek and obey the will of God</p> <p>33 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>GROWTH</b></p> <p style="text-align: center;">to keep changing and growing</p> <p>34 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>HEALTH</b></p> <p style="text-align: center;">to be physically well and healthy</p> <p>35 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>HELPFULNESS</b></p> <p style="text-align: center;">to be helpful to others</p> <p>36 <span style="float: right;">9/01</span></p>

<p style="text-align: center;"><b>HONESTY</b></p> <p style="text-align: center;">to be honest and truthful</p> <p>37 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>HOPE</b></p> <p style="text-align: center;">to maintain a positive and optimistic outlook</p> <p>38 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>HUMILITY</b></p> <p style="text-align: center;">to be modest and unassuming</p> <p>39 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>HUMOR</b></p> <p style="text-align: center;">to see the humorous side of myself and the world</p> <p>40 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>INDEPENDENCE</b></p> <p style="text-align: center;">to be free from dependence on others</p> <p>41 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>INDUSTRY</b></p> <p style="text-align: center;">to work hard and well at my life tasks</p> <p>42 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>INNER PEACE</b></p> <p style="text-align: center;">to experience personal peace</p> <p>43 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>INTIMACY</b></p> <p style="text-align: center;">to share my innermost experiences with others</p> <p>44 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>JUSTICE</b></p> <p style="text-align: center;">to promote fair and equal treatment for all</p> <p>45 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>KNOWLEDGE</b></p> <p style="text-align: center;">to learn and contribute valuable knowledge</p> <p>46 <span style="float: right;">9/01</span></p>

<p style="text-align: center;"><b>LEISURE</b></p> <p style="text-align: center;">to take time to relax and enjoy</p> <p>47 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>LOVED</b></p> <p style="text-align: center;">to be loved by those close to me</p> <p>48 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>LOVING</b></p> <p style="text-align: center;">to give love to others</p> <p>49 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>MASTERY</b></p> <p style="text-align: center;">to be competent in my everyday activities</p> <p>50 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>MINDFULNESS</b></p> <p style="text-align: center;">to live conscious and mindful of the present moment</p> <p>51 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>MODERATION</b></p> <p style="text-align: center;">to avoid excesses and find a middle ground</p> <p>52 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>MONOGAMY</b></p> <p style="text-align: center;">to have one close, loving relationship</p> <p>53 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>NON-CONFORMITY</b></p> <p style="text-align: center;">to question and challenge authority and norms</p> <p>54 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>NURTURANCE</b></p> <p style="text-align: center;">to take care of and nurture others</p> <p>55 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>OPENNESS</b></p> <p style="text-align: center;">to be open to new experiences, ideas, and options</p> <p>56 <span style="float: right;">9/01</span></p>

<p style="text-align: center;"><b>ORDER</b></p> <p style="text-align: center;">to have a life that is well-ordered and organized</p> <p>57 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>PASSION</b></p> <p style="text-align: center;">to have deep feelings about ideas, activities, or people</p> <p>58 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>PLEASURE</b></p> <p style="text-align: center;">to feel good</p> <p>59 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>POPULARITY</b></p> <p style="text-align: center;">to be well-liked by many people</p> <p>60 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>POWER</b></p> <p style="text-align: center;">to have control over others</p> <p>61 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>PURPOSE</b></p> <p style="text-align: center;">to have meaning and direction in my life</p> <p>62 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>RATIONALITY</b></p> <p style="text-align: center;">to be guided by reason and logic</p> <p>63 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>REALISM</b></p> <p style="text-align: center;">to see and act realistically and practically</p> <p>64 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>RESPONSIBILITY</b></p> <p style="text-align: center;">to make and carry out responsible decisions</p> <p>65 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>RISK</b></p> <p style="text-align: center;">to take risks and chances</p> <p>66 <span style="float: right;">9/01</span></p>



<p style="text-align: center;"><b>ROMANCE</b></p> <p style="text-align: center;"><i>to have intense, exciting love in my life</i></p> <p>67 <span style="float: right;">901</span></p>	<p style="text-align: center;"><b>SAFETY</b></p> <p style="text-align: center;"><i>to be safe and secure</i></p> <p>69 <span style="float: right;">901</span></p>
<p style="text-align: center;"><b>SELF-ACCEPTANCE</b></p> <p style="text-align: center;"><i>to accept myself as I am</i></p> <p>68 <span style="float: right;">901</span></p>	<p style="text-align: center;"><b>SELF-CONTROL</b></p> <p style="text-align: center;"><i>to be disciplined in my own actions</i></p> <p>70 <span style="float: right;">901</span></p>
<p style="text-align: center;"><b>SELF-ESTEEM</b></p> <p style="text-align: center;"><i>to feel good about myself</i></p> <p>71 <span style="float: right;">901</span></p>	<p style="text-align: center;"><b>SELF-KNOWLEDGE</b></p> <p style="text-align: center;"><i>to have a deep and honest understanding of myself</i></p> <p>72 <span style="float: right;">901</span></p>
<p style="text-align: center;"><b>SERVICE</b></p> <p style="text-align: center;"><i>to be of service to others</i></p> <p>73 <span style="float: right;">901</span></p>	<p style="text-align: center;"><b>SEXUALITY</b></p> <p style="text-align: center;"><i>to have an active and satisfying sex life</i></p> <p>74 <span style="float: right;">901</span></p>
<p style="text-align: center;"><b>SIMPLICITY</b></p> <p style="text-align: center;"><i>to live life simply, with minimal needs</i></p> <p>75 <span style="float: right;">901</span></p>	<p style="text-align: center;"><b>SOLITUDE</b></p> <p style="text-align: center;"><i>to have time and space where I can be apart from others</i></p> <p>76 <span style="float: right;">901</span></p>

<p style="text-align: center;"><b>SPIRITUALITY</b></p> <p style="text-align: center;">to grow and mature spiritually</p> <p>77 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>STABILITY</b></p> <p style="text-align: center;">to have a life that stays fairly consistent</p> <p>78 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>TOLERANCE</b></p> <p style="text-align: center;">to accept and respect those who differ from me</p> <p>79 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>TRADITION</b></p> <p style="text-align: center;">to follow respected patterns of the past</p> <p>80 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>VIRTUE</b></p> <p style="text-align: center;">to live a morally pure and excellent life</p> <p>81 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>WEALTH</b></p> <p style="text-align: center;">to have plenty of money</p> <p>82 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>WORLD PEACE</b></p> <p style="text-align: center;">to work to promote peace in the world</p> <p>83 <span style="float: right;">9/01</span></p>	<p><b>Other Value:</b></p>
<p><b>Other Value:</b></p>	<p><b>Other Value:</b></p>

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