

# **PERSONAL VALUES**

## **Card Sort**

**W.R. Miller, J. C'de Baca, D.B. Matthews, P.L.  
Wilbourne  
University of New Mexico, 2001**

## **IMPORTANT TO ME**

## **VERY IMPORTANT TO ME**

## **NOT IMPORTANT TO ME**

### **ACCEPTANCE**

**to be accepted as I am**

**1**

9/01

### **ACCURACY**

**to be accurate in my opinions and beliefs**

**2**

9/01

### **ACHIEVEMENT**

**to have important accomplishments**

**3**

9/01

### **ADVENTURE**

**to have new and exciting experiences**

**4**

9/01

### **ATTRACTIVENESS**

**to be physically attractive**

**5**

9/01

### **AUTHORITY**

**to be in charge of and responsible  
for others**

**6**

9/01

## **AUTONOMY**

**to be self-determined and independent**

**7**

9/01

## **BEAUTY**

**to appreciate beauty around me**

**8**

9/01

## **CARING**

**to take care of others**

**9**

9/01

## **CHALLENGE**

**to take on difficult tasks and problems**

**10**

9/01

## **CHANGE**

**to have a life full of change and variety**

**11**

9/01

## **COMFORT**

**to have a pleasant and comfortable life**

**12**

9/01

## **COMMITMENT**

**to make enduring, meaningful  
commitments**

**13**

9/01

## **COMPASSION**

**to feel and act on concern for others**

**14**

9/01

## **CONTRIBUTION**

**to make a lasting contribution  
in the world**

**15**

9/01

## **COOPERATION**

**to work collaboratively with others**

**16**

9/01

## **COURTESY**

**to be considerate and polite  
toward others**

17

9/01

## **CREATIVITY**

**to have new and original ideas**

18

9/01

## **DEPENDABILITY**

**to be reliable and trustworthy**

19

9/01

## **DUTY**

**to carry out my duties and obligations**

20

9/01

## **ECOLOGY**

**to live in harmony with the environment**

21

9/01

## **EXCITEMENT**

**to have a life full of thrills and stimulation**

22

9/01

## **FAITHFULNESS**

**to be loyal and true in relationships**

23

9/01

## **FAME**

**to be known and recognized**

24

9/01

## **FAMILY**

**to have a happy, loving family**

25

9/01

## **FITNESS**

**to be physically fit and strong**

26

9/01

## **FLEXIBILITY**

**to adjust to new circumstances easily**

**27**

9/01

## **FORGIVENESS**

**to be forgiving of others**

**28**

9/01

## **FRIENDSHIP**

**to have close, supportive friends**

**29**

9/01

## **FUN**

**to play and have fun**

**30**

9/01

## **GENEROSITY**

**to give what I have to others**

**31**

9/01

## **GENUINENESS**

**to act in a manner that is  
true to who I am**

**32**

9/01

## **GOD'S WILL**

**to seek and obey the will of God**

**33**

9/01

## **GROWTH**

**to keep changing and growing**

**34**

9/01

## **HEALTH**

**to be physically well and healthy**

**35**

9/01

## **HELPFULNESS**

**to be helpful to others**

**36**

9/01

## **HONESTY**

**to be honest and truthful**

**37**

9/01

## **HOPE**

**to maintain a positive and optimistic outlook**

**38**

9/01

## **HUMILITY**

**to be modest and unassuming**

**39**

9/01

## **HUMOR**

**to see the humorous side of myself and the world**

**40**

9/01

## **INDEPENDENCE**

**to be free from dependence on others**

**41**

9/01

## **INDUSTRY**

**to work hard and well at my life tasks**

**42**

9/01

## **INNER PEACE**

**to experience personal peace**

**43**

9/01

## **INTIMACY**

**to share my innermost experiences with others**

**44**

9/01

## **JUSTICE**

**to promote fair and equal treatment for all**

**45**

9/01

## **KNOWLEDGE**

**to learn and contribute valuable knowledge**

**46**

9/01

## **LEISURE**

**to take time to relax and enjoy**

**47**

9/01

## **LOVED**

**to be loved by those close to me**

**48**

9/01

## **LOVING**

**to give love to others**

**49**

9/01

## **MASTERY**

**to be competent in my everyday activities**

**50**

9/01

## **MINDFULNESS**

**to live conscious and mindful  
of the present moment**

**51**

9/01

## **MODERATION**

**to avoid excesses and find a  
middle ground**

**52**

9/01

## **MONOGAMY**

**to have one close, loving relationship**

**53**

9/01

## **NON-CONFORMITY**

**to question and challenge authority and norms**

**54**

9/01

## **NURTURANCE**

**to take care of and nurture others**

**55**

9/01

## **OPENNESS**

**to be open to new experiences,  
ideas, and options**

**56**

9/01

## **ORDER**

**to have a life that is well-ordered  
and organized**

**57**

9/01

## **PASSION**

**to have deep feelings about ideas,  
activities, or people**

**58**

9/01

## **PLEASURE**

**to feel good**

**59**

9/01

## **POPULARITY**

**to be well-liked by many people**

**60**

9/01

## **POWER**

**to have control over others**

**61**

9/01

## **PURPOSE**

**to have meaning and direction in my life**

**62**

9/01

## **RATIONALITY**

**to be guided by reason and logic**

**63**

9/01

## **REALISM**

**to see and act realistically  
and practically**

**64**

9/01

## **RESPONSIBILITY**

**to make and carry out  
responsible decisions**

**65**

9/01

## **RISK**

**to take risks and chances**

**66**

9/01

<p><b>ROMANCE</b></p> <p>to have intense, exciting love in my life</p> <p>67 9/01</p>	<p><b>SAFETY</b></p> <p>to be safe and secure</p> <p>69 9/01</p>
<p><b>SELF-ACCEPTANCE</b></p> <p>to accept myself as I am</p> <p>68 9/01</p>	<p><b>SELF-CONTROL</b></p> <p>to be disciplined in my own actions</p> <p>70 9/01</p>
<p><b>SELF-ESTEEM</b></p> <p>to feel good about myself</p> <p>71 9/01</p>	<p><b>SELF-KNOWLEDGE</b></p> <p>to have a deep and honest understanding of myself</p> <p>72 9/01</p>
<p><b>SERVICE</b></p> <p>to be of service to others</p> <p>73 9/01</p>	<p><b>SEXUALITY</b></p> <p>to have an active and satisfying sex life</p> <p>74 9/01</p>
<p><b>SIMPLICITY</b></p> <p>to live life simply, with minimal needs</p> <p>75 9/01</p>	<p><b>SOLITUDE</b></p> <p>to have time and space where I can be apart from others</p> <p>76 9/01</p>



<p style="text-align: center;"><b>SPIRITUALITY</b></p> <p style="text-align: center;"><b>to grow and mature spiritually</b></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;"><b>to have a life that stays fairly consistent</b></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;"><b>to accept and respect those who differ from me</b></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;"><b>to follow respected patterns of the past</b></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;"><b>to live a morally pure and excellent life</b></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;"><b>to have plenty of money</b></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;"><b>to work to promote peace in the world</b></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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