

PERSONAL VALUES

Card Sort

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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>ROMANCE</p> <p>to have intense, exciting love in my life</p> <p>67 9/01</p>	<p>SAFETY</p> <p>to be safe and secure</p> <p>69 9/01</p>
<p>SELF-ACCEPTANCE</p> <p>to accept myself as I am</p> <p>68 9/01</p>	<p>SELF-CONTROL</p> <p>to be disciplined in my own actions</p> <p>70 9/01</p>
<p>SELF-ESTEEM</p> <p>to feel good about myself</p> <p>71 9/01</p>	<p>SELF-KNOWLEDGE</p> <p>to have a deep and honest understanding of myself</p> <p>72 9/01</p>
<p>SERVICE</p> <p>to be of service to others</p> <p>73 9/01</p>	<p>SEXUALITY</p> <p>to have an active and satisfying sex life</p> <p>74 9/01</p>
<p>SIMPLICITY</p> <p>to live life simply, with minimal needs</p> <p>75 9/01</p>	<p>SOLITUDE</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;">SPIRITUALITY</p> <p style="text-align: center;">to grow and mature spiritually</p> <p>77 9/01</p>	<p style="text-align: center;">STABILITY</p> <p style="text-align: center;">to have a life that stays fairly consistent</p> <p>78 9/01</p>
<p style="text-align: center;">TOLERANCE</p> <p style="text-align: center;">to accept and respect those who differ from me</p> <p>79 9/01</p>	<p style="text-align: center;">TRADITION</p> <p style="text-align: center;">to follow respected patterns of the past</p> <p>80 9/01</p>
<p style="text-align: center;">VIRTUE</p> <p style="text-align: center;">to live a morally pure and excellent life</p> <p>81 9/01</p>	<p style="text-align: center;">WEALTH</p> <p style="text-align: center;">to have plenty of money</p> <p>82 9/01</p>
<p style="text-align: center;">WORLD PEACE</p> <p style="text-align: center;">to work to promote peace in the world</p> <p>83 9/01</p>	<p>Other Value:</p>
<p>Other Value:</p>	<p>Other Value:</p>

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