

# Values Sort Activity

Identifying personal values provides a framework for reconnecting with what's important to us and realigning our choices and goals. The following exercise does not contain an exhaustive list of all values and you are encourage to add your own as needed. Please use activity as a prompt to help reflect on what is important to you and how you live these values every day.

**Instructions:**

**Step 1:** Cut out the value cards provided on the next pages.

**Step 2:** Organize the cards into the three categories provided: Very Important To Me, Moderately Important To Me, and Less/Not Important To Me

**Step 3:** Organize the values listed under the Most Important category from greatest importance to least importance

**Step 4:** For reflection, take your top five values and ask yourself some of the following questions or any other questions that pop into your mind.

- 1) What does this value mean to me?
- 2) Why is it important to me?
- 3) How does this value influence me?
- 4) How do I model this value in my life now, in the past, will in the future?
- 5) How can I use this value to achieve my goals?

<p style="text-align: center;"><b>Very Important To Me</b></p>	<p style="text-align: center;"><b>Moderately Important To Me</b></p>
<p style="text-align: center;"><b>Least/Not Important To Me</b></p>	<p style="text-align: center;"><b>ACCEPTANCE</b> to be accepted as I am and/or to accept others as they are</p>
<p style="text-align: center;"><b>ACHIEVEMENT</b> to have important accomplishments</p>	<p style="text-align: center;"><b>ADVENTURE</b> to have new and exciting experiences</p>
<p style="text-align: center;"><b>AFFECTIONATE</b> displaying and expressing love or strong feelings for others</p>	<p style="text-align: center;"><b>ASSERTIVE</b> respectfully standing up for my rights and balancing my needs with the needs of others</p>
<p style="text-align: center;"><b>AUTHORITY</b> to be in charge of and responsible for others</p>	<p style="text-align: center;"><b>AUTHENTIC</b> being genuine, honest and true to myself</p>
<p style="text-align: center;"><b>BEAUTY</b> to appreciate beauty around me</p>	<p style="text-align: center;"><b>CARING</b> helpful and considerate of myself and others</p>
<p style="text-align: center;"><b>CHALLENGE</b> To take on difficult tasks</p>	<p style="text-align: center;"><b>COMPASSIONATE</b> Recognizing and acting to alleviate suffering for myself and others</p>

<p><b>ADAPTABILITY</b> Ability to adjust and thrive in different situations, environments or circumstances</p>	<p><b>ADVOCACY</b> Speaking up and fighting for the rights and well-being of others</p>
<p><b>AUTONOMY</b> having the freedom and independence to make decisions and take actions</p>	<p><b>BALANCE</b> Maintaining harmony and equilibrium in various aspects of life</p>
<p><b>COMMUNITY</b> Building connections, fostering collaboration and supporting one another</p>	<p><b>COURAGE</b> Brave and persistent in the face of fear, threat or difficulty</p>
<p><b>CREATIVE</b> Imaginative, resourceful, and innovative</p>	<p><b>CURIOUS</b> Open-minded, exploratory and interested in new and alternative approaches</p>
<p><b>DEPENDABILITY</b> Being reliable, trustworthy, and consistently delivering on commitments</p>	<p><b>DIVERSITY</b> Embracing and valuing differences in culture, background, and perspectives</p>
<p><b>EMPATHY</b> understanding and sharing the feelings and experiences of others</p>	<p><b>ENTHUSIASM</b> Displaying passion, excitement and energy in pursuing goals and interests</p>
<p><b>ENCOURAGING</b> Promoting and rewarding behavior that I value in myself and others</p>	<p><b>ECOLOGY</b> To live in harmony with the environment</p>

<p><b>ETHICS</b> Upholding moral principles, integrity, and ethical conduct</p>	<p><b>FAIRNESS</b> Treating others impartially, justly, and without favoritism</p>
<p><b>FAITHFULNESS</b> To be loyal and true in relationships</p>	<p><b>FAME</b> To be known and recognized</p>
<p><b>FAMILY</b> Valuing and prioritizing the bonds and relationships within one's family</p>	<p><b>FLEXIBILITY</b> Adjusting and adapting to changing circumstances and situations</p>
<p><b>FREEDOM</b> Enjoying personal liberties, autonomy, and the absence of constraints</p>	<p><b>FUN</b> Embracing joy, amusement, and lightheartedness in experiences and interactions</p>
<p><b>GENEROSITY</b> Sharing and offering time, attention and resources to myself and others</p>	<p><b>GRATITUDE</b> Appreciative and valuing of the things that I have in my life</p>
<p><b>HAPPINESS</b> Experiencing joy, contentment, and fulfillment in life</p>	<p><b>HEALTH</b> Prioritizing and maintaining physical, mental and emotional well being</p>
<p><b>HONESTY</b> Being truthful, sincere, and transparent in words and actions</p>	<p><b>HUMILITY</b> Having a modest and humble attitude, acknowledging one's limitations and imperfections</p>

<p><b>HOPE</b> To maintain positive and optimistic outlook</p>	<p><b>INDUSTRY</b> to work hard and well at one's life tasks/work</p>
<p><b>INNOVATION</b> Introducing new ideas, methods, and solutions to create positive change</p>	<p><b>INTIMACY</b> To share one's innermost experiences with others</p>
<p><b>INTELLIGENCE</b> Possessing high mental capacity, knowledge, and problem-solving skills</p>	<p><b>INTEGRITY</b> Acting with honesty, ethics, and moral principles, even when no one is watching</p>
<p><b>KINDESS</b> Showing compassion, empathy and goodwill towards others</p>	<p><b>LOYALTY</b> Remaining faithful, committed and supportive to individuals, causes, or organizations</p>
<p><b>LOVE</b> To be loved by those close to you and/or to give love to others</p>	<p><b>MINDFULNESS</b> Being fully present and aware in the current moment</p>
<p><b>NON-CONFORMITY</b> To question and challenge authority and norms</p>	<p><b>OPENNESS</b> To be open to new experiences, ideas, and options</p>
<p><b>PASSION</b> To have deep feelings about ideas, activities or people</p>	<p><b>POWER</b> To have control over others and situations</p>

<p style="text-align: center;"><b>RELIGION/SPIRITUALITY</b></p> <p>Having a system of beliefs, practices, and values that seeks to explain meaning and purpose of life as well as the relationship between human and the divine</p>	<p style="text-align: center;"><b>RESILIENCE</b></p> <p>Bouncing back from adversity, setbacks, and challenges with strength and determination</p>
<p style="text-align: center;"><b>RESPECT</b></p> <p>Treating and nurturing one's own physical, mental and emotional well-being</p>	<p style="text-align: center;"><b>SAFETY</b></p> <p>Acting in a secure, protective and stable manner</p>
<p style="text-align: center;"><b>SELF-CARE</b></p> <p>Prioritizing and nurturing one's own physical, mental and emotional well being</p>	<p style="text-align: center;"><b>SELF-ESTEEM</b></p> <p>To feel good about one's self</p>
<p style="text-align: center;"><b>SELF-DESCIPLINE</b></p> <p>Exercising control and restraint in one's actions and behavior</p>	<p style="text-align: center;"><b>SERVICE</b></p> <p>To be in service of others</p>
<p style="text-align: center;"><b>SEXUALITY</b></p> <p>To have an active and satisfying sex life</p>	<p style="text-align: center;"><b>SIMPLICITY</b></p> <p>To live life simply with minimal needs</p>
<p style="text-align: center;"><b>SOLITUDE</b></p> <p>To have time and space where one can be apart from others</p>	<p style="text-align: center;"><b>STABILITY</b></p> <p>To have a life that stays fairly consistent</p>
<p style="text-align: center;"><b>TOLERANCE</b></p> <p>To accept and respect those who differ from me</p>	<p style="text-align: center;"><b>TEAMWORK</b></p> <p>Collaborating and working effectively with others towards a common goal</p>

<p style="text-align: center;"><b>TRUST</b></p> <p>Having confidence , reliance, and faith in others</p>	<p style="text-align: center;"><b>UNDERSTANDING</b></p> <p>Seeking to comprehend and empathize with other’s perspectives and experiences</p>
<p style="text-align: center;"><b>WEALTH</b></p> <p>To have plenty of money</p>	<p style="text-align: center;"><b>WISDOM</b></p> <p>Possessing deep knowledge, insight, and good judgement</p>
<p style="text-align: center;"><b>OTHER:</b></p>	<p style="text-align: center;"><b>OTHER:</b></p>
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Influenced By:

Miller, W.R., et al. (2001). Personal Values Card Sort. University of New Mexico.

Think CBT. (2012 – 2024). Exercise 5: Personal Values. <https://thinkcbt.com/>