

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 179/01	CREATIVITY to have new and original ideas 189/01
DEPENDABILITY to be reliable and trustworthy 199/01	DUTY to carry out my duties and obligations 209/01
ECOLOGY to live in harmony with the environment 219/01	EXCITEMENT to have a life full of thrills and stimulation 229/01
FAITHFULNESS to be loyal and true in relationships 239/01	FAME to be known and recognized 249/01
FAMILY to have a happy, loving family 259/01	FITNESS to be physically fit and strong 269/01

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 479/01	LOVED to be loved by those close to me 489/01
LOVING to give love to others 499/01	MASTERY to be competent in my everyday activities 509/01
MINDFULNESS to live conscious and mindful of the present moment 519/01	MODERATION to avoid excesses and find a middle ground 529/01
MONOGAMY to have one close, loving relationship 539/01	NON-CONFORMITY to question and challenge authority and norms 549/01
NURTURANCE to take care of and nurture others 559/01	OPENNESS to be open to new experiences, ideas, and options 569/01

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

ROMANCE to have intense, exciting love in my life 679/01	SAFETY to be safe and secure 699/01
SELF-ACCEPTANCE to accept myself as I am 689/01	SELF-CONTROL to be disciplined in my own actions 709/01
SELF-ESTEEM to feel good about myself 719/01	SELF-KNOWLEDGE to have a deep and honest understanding of myself 729/01
SERVICE to be of service to others 739/01	SEXUALITY to have an active and satisfying sex life 749/01
SIMPLICITY to live life simply, with minimal needs 759/01	SOLITUDE to have time and space where I can be apart from others 769/01

SPIRITUALITY to grow and mature spiritually 77 9/01	STABILITY to have a life that stays fairly consistent 78 9/01
TOLERANCE to accept and respect those who differ from me 79 9/01	TRADITION to follow respected patterns of the past 80 9/01
VIRTUE to live a morally pure and excellent life 81 9/01	WEALTH to have plenty of money 82 9/01
WORLD PEACE to work to promote peace in the world 83 9/01	Other Value:
Other Value:	Other Value: