

## Values Card-Sort

The following are cards to print and cut. Each card contains a value.

Once the cards are in a stack, sort them into two piles, one representing values important to you and the other not important. Try to go with your first instinct.

Take the important values pile and sort the cards into three groups: very important, important, and of little importance.

Set aside the cards in the “of little importance” pile and repeat the process until you only have five cards left. These are your top five values.

<b>Acceptance</b> Being open to and willing to experience thoughts and feelings without resistance or judgment.	<b>Equality</b> Treating others equally, consistently.	<b>Meaningful work</b> Doing and providing work that has a purpose and/or significance.
<b>Achievement</b> Placing importance on the fulfillment of activities and goals.	<b>Ethics</b> Valuing moral standards.	<b>Open-mindedness</b> Approaching issues from an objective position, listening, and considering other views.
<b>Adventure</b> Seeking out and/or participating in exciting events that involves uncertainty.	<b>Excellence</b> Pursuit of the highest level of optimal performance.	<b>Patience</b> Waiting calmly for what you want or need

<p><b>Affection</b></p> <p>Displaying and expressing love for others.</p>	<p><b>Fairness</b></p> <p>Being just, rational and reasonable.</p>	<p><b>Philanthropy</b></p> <p>Giving donations of money to good causes.</p>
<p><b>Aspiration</b></p> <p>Actively seeking opportunities and striving for success.</p>	<p><b>Fame</b></p> <p>A desire to be well-known and recognized by others</p>	<p><b>Play</b></p> <p>Spontaneity and the ability to be amused.</p>
<p><b>Assertiveness</b></p> <p>Standing up for your rights while balancing your needs with the needs of others.</p>	<p><b>Family</b></p> <p>Maintaining healthy connections to immediate or extended relations</p>	<p><b>Pleasure</b></p> <p>Enjoyment and satisfaction</p>
<p><b>Authenticity</b></p> <p>Being genuine and true to yourself.</p>	<p><b>Faith</b></p> <p>Belief in something, someone, or a higher power</p>	<p><b>Privacy</b></p> <p>The need for solitude or separateness and being free from public attention.</p>
<p><b>Caring</b></p> <p>Helpful and considerate towards yourself and others.</p>	<p><b>Flexibility</b></p> <p>Adjusting and adapting to changing circumstances.</p>	<p><b>Power</b></p> <p>Strength, superiority, dominance, and/or authority.</p>
<p><b>Compassion</b></p> <p>Recognizing and acting to alleviate suffering for yourself and others.</p>	<p><b>Forgiveness</b></p> <p>Coming to terms with or letting go of negative feelings towards yourself and others.</p>	<p><b>Relationships</b></p> <p>Connection between and among people.</p>
<p><b>Competence</b></p>	<p><b>Friendliness</b></p>	<p><b>Religion</b></p>

Ability to solve problems and demonstrate mastery.	Being friendly and companionable towards others.	A particular system of belief or faith and worship.
<b>Competition</b> Comparison of self, team or organization against oneself or others	<b>Friendship</b> Strong ties with others.	<b>Respect</b> Being considerate and showing positive regard to others.
<b>Conformity</b> Respecting and obeying helpful rules and obligations.	<b>Generosity</b> Sharing and offering time, attention and resources to yourself and others.	<b>Safety</b> A concern for the wellbeing of one's self and/or others'.
<b>Cooperation</b> Working collaboratively and harmoniously with others.	<b>Gratitude</b> Being appreciative of and valuing the things that you have.	<b>Security</b> Feeling protected or safeguarded from danger – a sense of comfort.
<b>Courage</b> Being brave and persistent in the face of fear, threat or difficulty.	<b>Helping</b> Placing importance on assisting others.	<b>Self-awareness</b> Being aware of your own thoughts, feelings and actions.
<b>Creativity</b> Being Imaginative and innovative.	<b>Honesty</b> Being truthful and sincere with yourself and others.	<b>Self-discipline</b> Acting according to your values over your mood or vulnerabilities.
<b>Curiosity</b> Being open-minded, exploratory and	<b>Humility</b> Being modest about your contributions	<b>Spirituality</b> The recognition of a feeling or belief that

interested in new and alternative ways of thinking.	whilst allowing your achievements to speak for themselves.	there is something greater than yourself
<b>Decisiveness</b>  The ability to make decision firmly, clearly, and in a timely manner	<b>Humor</b>  Seeking out and engaging in the humorous side of life.	<b>Status</b>  Placing importance on the rank or position of something in a relationship or group.
<b>Ecology/ Environment</b>  Being aware of natural resources and seeking to preserve them.	<b>Independence</b>  Being self-directive, contained and able to support yourself.	<b>Tolerance</b>  Coming to terms with, acknowledging and respecting things that different or unfamiliar.
<b>Education</b>  Placing importance on learning.	<b>Leadership</b>  The ability to influence and guide others.	<b>Wealth</b>  Richness in terms of assets and money.
<b>Emotional awareness</b>  Being open and receptive to your own feelings and the feelings of others.	<b>Loyalty</b>  Allegiance to people, organizations, ideals, causes, etc.	<b>Wellness</b>  Improving and maintaining your physical, psychological and emotional wellbeing.