

VALUE CARD SORT

This is an activity that can be helpful when thinking about making changes. It is a way to identify things that are really important to you, and learn a bit about yourself.

Step 1: Think about what is important to you right now, and identify an area that you would like to improve upon. It may be fostering close relationships, making more money, finding happiness or any other goal you may identify. Remember this goal, and we'll come back to it later.

Step 2: Print off and cut out the value cards that are attached to this worksheet. Sort the cards into three different categories: *less important*, *important* and *more important*. You can define the values however you want, and sort according to how you feel today. There are no right or wrong answers, and try to avoid judging yourself for what you chose. You will not be asked to share this with anyone.

Step 3: Focus on the *very important* category, and narrow it down to your top five. It can be challenging to narrow it down to only five, but do the best you can with how you feel about things today. You do not need to rank the five you choose.

Step 4: Reflect. Consider the following questions in relation to the top five values that you chose today:

- What connections, if any, do you see between your goal (identified in step 1) and the values you have identified as most important? If your goal doesn't seem to fit with your top values right now, it might be time to focus on something that does fit, decide to address this goal later or ponder the connection over the next few days or weeks (sometimes it is not apparent right away). If your goal and values are in alignment, this might be a good time to address it and find success.
- How do you feel you are doing with your top five values? Some may be true for you right now, and some may be things you're shooting for.
- What might you have chosen when you were a teenager? What might you find most important after you retire? Your perspective may change or stay the same as you grow.

It may be helpful to discuss this activity with a friend, family member, or one of our health coaches. If interested, call 503 494-WELL (9355) to set up an appointment.

PERSONAL VALUES Card Sort W. R. Miller, J. C’de Baca, and D.B. Matthews University of New Mexico, 1999 PERSONAL VALUES	IMPORTANT TO ME
VERY IMPORTANT TO ME	LESS IMPORTANT TO ME
ACCEPTANCE to be accepted as I am	ACCURACY to be accurate in my opinions and beliefs
ACHIEVEMENT to have important accomplishments	ADVENTURE to have new and exciting experiences
ATTRACTIVENESS to be physically attractive	AUTHORITY to be in charge of and responsible for others

AUTONOMY

to be self-determined and independent

BEAUTY

to appreciate beauty around me

CARING

to take care of others

COMFORT

to have a pleasant and comfortable life

COMMITMENT

to make enduring, meaningful
commitments

COMPASSION

to feel and act on concern for others

COMPLEXITY

to have a life full of variety and change

CONTRIBUTION

to make a lasting contribution
in the world

COURTESY

to be considerate and polite
toward others

CREATIVITY

to have new and original ideas

DEPENDABILITY

to be reliable and trustworthy

DUTY

to carry out my duties and obligations

ECOLOGY

to live in harmony with the environment

FAITHFULNESS

to be loyal and true in relationships

FAME

to be known and recognized

FAMILY

to have a happy, loving family

FLEXIBILITY

to adjust to new circumstances easily

FORGIVENESS

to be forgiving of others

FRIENDSHIP

to have close, supportive friends

FUN

to play and have fun

GENEROSITY

to give what I have to others

GENUINENESS

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

GOD'S WILL

to seek and obey the will of God

GROWTH

to keep changing and growing

HEALTH

to be physically well and healthy

HELPFULNESS

to be helpful to others

HONESTY

to be honest and truthful

HOPE

to maintain a positive and
optimistic outlook

HUMILITY

to be modest and unassuming

HUMOR

to see the humorous side of
myself and the world

INDEPENDENCE

to be free from dependence on others

INDUSTRY

to work hard and well at my life tasks

INNER PEACE

to experience personal peace

INTIMACY

to share my innermost experiences
with others

JUSTICE

to promote fair and equal treatment for all

KNOWLEDGE

to learn and contribute valuable
knowledge

LEISURE

to take time to relax and enjoy

LOGIC

to live rationally and sensibly

LOVED

to be loved by those close to me

LOVING

to give love to others

MASTERY

to be competent in my everyday activities

MODERATION

to avoid excesses and find a
middle ground

MONOGAMY

to have one close, loving relationship

ORDER

to have a life that is well-ordered
and organized

PLEASURE

to feel good

POPULARITY

to be well-liked by many people

POWER

to have control over others

PURPOSE

to have meaning and direction in my life

REALISM

to see and act realistically
and practically

RESPONSIBILITY

to make and carry out
responsible decisions

RISK

to take risks and chances

ROMANCE

to have intense, exciting
love in my life

SAFETY

to be safe and secure

SELF-CONTROL

to be disciplined in my own actions

SELF-ACCEPTANCE

to accept myself as I am

SELF-KNOWLEDGE

to have a deep and honest understanding
of myself

SERVICE

to be of service to others

SIMPLICITY

to life live simply, with minimal needs

SPIRITUALITY

to grow and mature spiritually

STABILITY

to have a life that stays fairly consistent

STRENGTH

to be physically fit and strong

TOLERANCE

to accept and respect those who
differ from me

TRADITION

to follow respected patterns of the past

VIRTUE

to live a morally pure and excellent life

WEALTH

to have plenty of money

WORLD PEACE

to work to promote peace in the world

Other value:

Other value:

Other value:

Other value:

This instrument is in the public domain and may be copied, adapted and used without permission.