

## Personal Values Card Sort

1. Place five anchor cards in order from 1-5 in front of the participant (Least important should be on the left; Most important on the right).
2. Shuffle the 50 value cards; keep the 2 blank cards separate.
3. Instruct the participant to sort the cards using the following script:  
*“I placed five title cards in front of you—Least important, not very important, neither important nor unimportant, somewhat important, and most important. I’m going to give you a stack of 50 cards. Each card describes something that may represent a personal value for you. I would like you to look at each card and place each card under one of the five title cards. There are also two blank cards. If there is a value you would like to include, write it on the card and put it in whichever pile you would like. I would like you to sort all 50 cards, but whether you use the two additional cards is optional. The only rule is that you can have no more than 10 cards under the Most Important stack. After you are finished with this part, I will ask you to do one other small task. Do you have any questions?”*
4. When participant indicates s/he is finished with the sorting, look at the Most Important deck to make sure there are no more than 10 cards under this deck.
5. Read the following:  
*“For the second task, I’d like you to focus on the top values you chose and sort them from 1 to n (total number participant has in the most important pile—no more than 10) using the ranking sheet. In this spot (point to #1) you will put the card that is your top value. Then you will put your second top value here (point to #2). Do you have any questions?”*
6. When participant indicates s/he is finished rank ordering the most important pile, check to make sure you understand how the cards were sorted (ascending or descending). Point to the #1 spot and say, “I just want to make sure I have this right--Is this your number one value”
7. Record values on scoring sheet using either card number or value name. Indicate which stack each value was put under and for stack #5 (most important), indicate rank order. 1= number one value.

**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

## **COMFORT**

to have a pleasant and comfortable life

11  
9/01

## **CHANGE**

to have a life full of change and variety

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

## **GENUINESS**

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 or 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



## **ROMANCE**

**to have intense, exciting  
love in my life**

**67**  
9/01

## **SAFETY**

**to be safe and secure**

**68**  
9/01

## **SELF-ACCEPTANCE**

**to accept myself as I am**

**69**  
9/01

## **SELF-CONTROL**

**to be disciplined in my own actions**

**70**  
9/01

## **SELF-ESTEEM**

**to feel good about myself**

**71**  
9/01

## **SELF-KNOWLEDGE**

**to have a deep and honest  
understanding of myself**

**72**  
9/01

## **SERVICE**

**to be of service to others**

**73**  
9/01

## **SEXUALITY**

**to have an active and satisfying sex life**

**74**  
9/01

## **SIMPLICITY**

**to live life simply, with minimal needs**

**75**  
9/01

## **SOLITUDE**

**to have time and space where I can  
be apart from others**

**76**  
9/01

## **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:**

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