

# 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

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

## 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

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 and 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

<p style="text-align: center;"><b>ROMANCE</b></p> <p style="text-align: center;">to have intense, exciting love in my life</p> <p>67 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SAFETY</b></p> <p style="text-align: center;">to be safe and secure</p> <p>69 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SELF-ACCEPTANCE</b></p> <p style="text-align: center;">to accept myself as I am</p> <p>68 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SELF-CONTROL</b></p> <p style="text-align: center;">to be disciplined in my own actions</p> <p>70 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SELF-ESTEEM</b></p> <p style="text-align: center;">to feel good about myself</p> <p>71 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SELF-KNOWLEDGE</b></p> <p style="text-align: center;">to have a deep and honest understanding of myself</p> <p>72 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SERVICE</b></p> <p style="text-align: center;">to be of service to others</p> <p>73 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SEXUALITY</b></p> <p style="text-align: center;">to have an active and satisfying sex life</p> <p>74 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>SIMPLICITY</b></p> <p style="text-align: center;">to live life simply, with minimal needs</p> <p>75 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>SOLITUDE</b></p> <p style="text-align: center;">to have time and space where I can be apart from others</p> <p>76 <span style="float: right;">9/01</span></p>



<p style="text-align: center;"><b>SPIRITUALITY</b></p> <p style="text-align: center;">to grow and mature spiritually</p> <p>77 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>STABILITY</b></p> <p style="text-align: center;">to have a life that stays fairly consistent</p> <p>78 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>TOLERANCE</b></p> <p style="text-align: center;">to accept and respect those who differ from me</p> <p>79 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>TRADITION</b></p> <p style="text-align: center;">to follow respected patterns of the past</p> <p>80 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>VIRTUE</b></p> <p style="text-align: center;">to live a morally pure and excellent life</p> <p>81 <span style="float: right;">9/01</span></p>	<p style="text-align: center;"><b>WEALTH</b></p> <p style="text-align: center;">to have plenty of money</p> <p>82 <span style="float: right;">9/01</span></p>
<p style="text-align: center;"><b>WORLD PEACE</b></p> <p style="text-align: center;">to work to promote peace in the world</p> <p>83 <span style="float: right;">9/01</span></p>	<p><b>Other Value:</b></p>
<p><b>Other Value:</b></p>	<p><b>Other Value:</b></p>

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