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

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

ROMANCE

to have intense, exciting love in my life

67 9/01

SAFETY

to be safe and secure

69 9/01

SELF-ACCEPTANCE

to accept myself as I am

68 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:**
Other Value:	**Other Value:**

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