



Personal values checklist

An Everyday Insight tool
myvaluescardsort.com



All 83 values from the Personal Values Card Sort. Go through the list twice, then choose the five that matter most.

☐ **First pass.** Check anything that matters to you at all. ☆ **Second pass.** Star the ones that are very important.

Connection and relationships

- | | | | | |
|-------------------------------------|--|--|---------------------------------------|---|
| ☐ ☆ Caring | ☐ ☆ Compassion | ☐ ☆ Cooperation | ☐ ☆ Courtesy | ☐ ☆ Faithfulness |
| ☐ ☆ Family | ☐ ☆ Forgiveness | ☐ ☆ Friendship | ☐ ☆ Generosity | ☐ ☆ Helpfulness |
| ☐ ☆ Intimacy | ☐ ☆ Loved | ☐ ☆ Loving | ☐ ☆ Monogamy | ☐ ☆ Nurturance |
| ☐ ☆ Romance | ☐ ☆ Service | ☐ ☆ Sexuality | ☐ ☆ Tolerance | |

Self and inner life

- | | | | | |
|---|--|--|---|--|
| ☐ ☆ Acceptance | ☐ ☆ Self-Acceptance | ☐ ☆ Self-Esteem | ☐ ☆ Self-Knowledge | ☐ ☆ Genuineness |
| ☐ ☆ Inner Peace | ☐ ☆ Mindfulness | ☐ ☆ Hope | ☐ ☆ Humility | ☐ ☆ Humor |
| ☐ ☆ Self-Control | ☐ ☆ Solitude | | | |

Growth, learning, and purpose

- | | | | | |
|---------------------------------------|------------------------------------|--|---------------------------------------|---|
| ☐ ☆ Growth | ☐ ☆ Purpose | ☐ ☆ Knowledge | ☐ ☆ Creativity | ☐ ☆ Openness |
| ☐ ☆ Challenge | ☐ ☆ Mastery | ☐ ☆ Achievement | ☐ ☆ Industry | ☐ ☆ Spirituality |
| ☐ ☆ God's Will | | | | |

Integrity and contribution

- | | | | | |
|-------------------------------------|--|---|---|---------------------------------------|
| ☐ ☆ Honesty | ☐ ☆ Dependability | ☐ ☆ Responsibility | ☐ ☆ Duty | ☐ ☆ Commitment |
| ☐ ☆ Virtue | ☐ ☆ Justice | ☐ ☆ Contribution | ☐ ☆ World Peace | ☐ ☆ Ecology |
| ☐ ☆ Accuracy | ☐ ☆ Rationality | ☐ ☆ Realism | ☐ ☆ Non-Conformity | |

Vitality, joy, and adventure

- | | | | | |
|--------------------------------------|---------------------------------------|------------------------------------|-----------------------------------|--|
| ☐ ☆ Adventure | ☐ ☆ Excitement | ☐ ☆ Change | ☐ ☆ Risk | ☐ ☆ Fun |
| ☐ ☆ Pleasure | ☐ ☆ Leisure | ☐ ☆ Passion | ☐ ☆ Beauty | ☐ ☆ Flexibility |

Stability, health, and security

- | | | | | |
|------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|-----------------------------------|
| ☐ ☆ Health | ☐ ☆ Fitness | ☐ ☆ Safety | ☐ ☆ Stability | ☐ ☆ Order |
| ☐ ☆ Comfort | ☐ ☆ Moderation | ☐ ☆ Simplicity | ☐ ☆ Tradition | ☐ ☆ Wealth |

Autonomy, influence, and recognition

- | | | | | |
|---------------------------------------|---|--------------------------------------|----------------------------------|---------------------------------|
| ☐ ☆ Autonomy | ☐ ☆ Independence | ☐ ☆ Authority | ☐ ☆ Power | ☐ ☆ Fame |
| ☐ ☆ Popularity | ☐ ☆ Attractiveness | | | |
| ☐ ☆ Other | ☐ ☆ Other | | | |

My five

From your starred values, the five you would keep if you could keep only five.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Values from the Personal Values Card Sort by W. R. Miller, J. C'de Baca, D. B. Matthews, and P. L. Wilbourne, University of New Mexico, 2001. Public domain. The headings were added for readability.

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