



Personal values checklist

An Everyday Insight tool
myvaluescardsort.com



All 83 values from the Personal Values Card Sort, each with a short meaning. 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

How I love, care for, and belong with others

- | | |
|--|---|
| ☐ ☆ Caring to take care of others | ☐ ☆ Compassion to feel and act on concern for others |
| ☐ ☆ Cooperation to work collaboratively with others | ☐ ☆ Courtesy to be considerate and polite toward others |
| ☐ ☆ Faithfulness to be loyal and true in relationships | ☐ ☆ Family to have a happy, loving family |
| ☐ ☆ Forgiveness to be forgiving of others | ☐ ☆ Friendship to have close, supportive friends |
| ☐ ☆ Generosity to give what I have to others | ☐ ☆ Helpfulness to be helpful to others |
| ☐ ☆ Intimacy to share my innermost experiences with others | ☐ ☆ Loved to be loved by those close to me |
| ☐ ☆ Loving to give love to others | ☐ ☆ Monogamy to have one close, loving relationship |
| ☐ ☆ Nurturance to take care of and nurture others | ☐ ☆ Romance to have intense, exciting love in my life |
| ☐ ☆ Service to be of service to others | ☐ ☆ Sexuality to have an active and satisfying sex life |
| ☐ ☆ Tolerance to accept and respect those who differ from me | |

Self and inner life

How I relate to myself and my own experience

- | | |
|---|--|
| ☐ ☆ Acceptance to be accepted as I am | ☐ ☆ Self-Acceptance to accept myself as I am |
| ☐ ☆ Self-Esteem to feel good about myself | ☐ ☆ Self-Knowledge to have a deep and honest understanding of myself |
| ☐ ☆ Genuineness to act in a manner that is true to who I am | ☐ ☆ Inner Peace to experience personal peace |
| ☐ ☆ Mindfulness to live conscious and mindful of the present moment | ☐ ☆ 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 |
| ☐ ☆ Self-Control to be disciplined in my own actions | ☐ ☆ Solitude to have time and space where I can be apart from others |

Growth, learning, and purpose

What I am building, becoming, and reaching toward

- | | |
|--|---|
| ☐ ☆ Growth to keep changing and growing | ☐ ☆ Purpose to have meaning and direction in my life |
| ☐ ☆ Knowledge to learn and contribute valuable knowledge | ☐ ☆ Creativity to have new and original ideas |
| ☐ ☆ Openness to be open to new experiences, ideas, and options | ☐ ☆ Challenge to take on difficult tasks and problems |
| ☐ ☆ Mastery to be competent in my everyday activities | ☐ ☆ Achievement to have important accomplishments |
| ☐ ☆ Industry to work hard and well at my life tasks | ☐ ☆ Spirituality to grow and mature spiritually |
| ☐ ☆ God's Will to seek and obey the will of God | |

Integrity and contribution

The principles I want to stand on and give to the world

- | | |
|--|--|
| ☐ ☆ Honesty to be honest and truthful | ☐ ☆ Dependability to be reliable and trustworthy |
| ☐ ☆ Responsibility to make and carry out responsible decisions | ☐ ☆ Duty to carry out my duties and obligations |
| ☐ ☆ Commitment to make enduring, meaningful commitments | ☐ ☆ Virtue to live a morally pure and excellent life |
| ☐ ☆ Justice to promote fair and equal treatment for all | ☐ ☆ Contribution to make a lasting contribution in the world |
| ☐ ☆ World Peace to work to promote peace in the world | ☐ ☆ Ecology to live in harmony with the environment |
| ☐ ☆ Accuracy to be accurate in my opinions and beliefs | ☐ ☆ Rationality to be guided by reason and logic |
| ☐ ☆ Realism to see and act realistically and practically | ☐ ☆ Non-Conformity to question and challenge authority and norms |

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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Vitality, joy, and adventure

What makes life feel alive and worth showing up for

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|--|--|
| ☐ ☆ Adventure to have new and exciting experiences | ☐ ☆ Excitement to have a life full of thrills and stimulation |
| ☐ ☆ Change to have a life full of change and variety | ☐ ☆ Risk to take risks and chances |
| ☐ ☆ Fun to play and have fun | ☐ ☆ Pleasure to feel good |
| ☐ ☆ Leisure to take time to relax and enjoy | ☐ ☆ Passion to have deep feelings about ideas, activities, or people |
| ☐ ☆ Beauty to appreciate beauty around me | ☐ ☆ Flexibility to adjust to new circumstances easily |

Stability, health, and security

What helps me feel safe, steady, and well

- | | |
|---|---|
| ☐ ☆ Health to be physically well and healthy | ☐ ☆ Fitness to be physically fit and strong |
| ☐ ☆ Safety to be safe and secure | ☐ ☆ Stability to have a life that stays fairly consistent |
| ☐ ☆ Order to have a life that is well-ordered and organized | ☐ ☆ Comfort to have a pleasant and comfortable life |
| ☐ ☆ Moderation to avoid excesses and find a middle ground | ☐ ☆ Simplicity to live life simply, with minimal needs |
| ☐ ☆ Tradition to follow respected patterns of the past | ☐ ☆ Wealth to have plenty of money |

Autonomy, influence, and recognition

How I hold my own power and how I am seen

- | | |
|---|---|
| ☐ ☆ Autonomy to be self-determined and independent | ☐ ☆ Independence to be free from dependence on others |
| ☐ ☆ Authority to be in charge of and responsible for others | ☐ ☆ Power to have control over others |
| ☐ ☆ Fame to be known and recognized | ☐ ☆ Popularity to be well-liked by many people |
| ☐ ☆ Attractiveness to be physically attractive | |
| ☐ ☆ Other _____ | |
| ☐ ☆ Other _____ | |

My five

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

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

