



All 83 values from the Personal Values Card Sort, each with a short meaning. The seven headings were added to make the list easier to read.

Connection and relationships

How I love, care for, and belong with others

Caring to take care of others
Cooperation to work collaboratively with others
Faithfulness to be loyal and true in relationships
Forgiveness to be forgiving of others
Generosity to give what I have to others
Intimacy to share my innermost experiences with others
Loving to give love to others
Nurturance to take care of and nurture others
Service to be of service to others
Tolerance to accept and respect those who differ from me

Compassion to feel and act on concern for others
Courtesy to be considerate and polite toward others
Family to have a happy, loving family
Friendship to have close, supportive friends
Helpfulness to be helpful to others
Loved to be loved by those close to me
Monogamy to have one close, loving relationship
Romance to have intense, exciting love in my life
Sexuality to have an active and satisfying sex life

Self and inner life

How I relate to myself and my own experience

Acceptance to be accepted as I am
Self-Esteem to feel good about myself

Genuineness to act in a manner that is true to who I am
Mindfulness to live conscious and mindful of the present moment
Humility to be modest and unassuming
Self-Control to be disciplined in my own actions

Self-Acceptance to accept myself as I am
Self-Knowledge to have a deep and honest understanding of myself
Inner Peace to experience personal peace
Hope to maintain a positive and optimistic outlook
Humor to see the humorous side of myself and the world
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
Knowledge to learn and contribute valuable knowledge
Openness to be open to new experiences, ideas, and options
Mastery to be competent in my everyday activities
Industry to work hard and well at my life tasks
God's Will to seek and obey the will of God

Purpose to have meaning and direction in my life
Creativity to have new and original ideas
Challenge to take on difficult tasks and problems
Achievement to have important accomplishments
Spirituality to grow and mature spiritually

Integrity and contribution

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

Honesty to be honest and truthful
Responsibility to make and carry out responsible decisions
Commitment to make enduring, meaningful commitments
Justice to promote fair and equal treatment for all
World Peace to work to promote peace in the world
Accuracy to be accurate in my opinions and beliefs
Realism to see and act realistically and practically

Dependability to be reliable and trustworthy
Duty to carry out my duties and obligations
Virtue to live a morally pure and excellent life
Contribution to make a lasting contribution in the world
Ecology to live in harmony with the environment
Rationality to be guided by reason and logic
Non-Conformity to question and challenge authority and norms





Vitality, joy, and adventure

What makes life feel alive and worth showing up for

Adventure to have new and exciting experiences

Change to have a life full of change and variety

Fun to play and have fun

Leisure to take time to relax and enjoy

Beauty to appreciate beauty around me

Stability, health, and security

What helps me feel safe, steady, and well

Health to be physically well and healthy

Safety to be safe and secure

Order to have a life that is well-ordered and organized

Moderation to avoid excesses and find a middle ground

Tradition to follow respected patterns of the past

Autonomy, influence, and recognition

How I hold my own power and how I am seen

Autonomy to be self-determined and independent

Authority to be in charge of and responsible for others

Fame to be known and recognized

Attractiveness to be physically attractive

Excitement to have a life full of thrills and stimulation

Risk to take risks and chances

Pleasure to feel good

Passion to have deep feelings about ideas, activities, or people

Flexibility to adjust to new circumstances easily

Fitness to be physically fit and strong

Stability to have a life that stays fairly consistent

Comfort to have a pleasant and comfortable life

Simplicity to live life simply, with minimal needs

Wealth to have plenty of money

Independence to be free from dependence on others

Power to have control over others

Popularity to be well-liked by many people

