



Values card sort

An Everyday Insight tool
myvaluescardsort.com



A recording worksheet for the printed card deck.

Name _____

Date _____

1 Sort the cards

Place each card in one of three piles: very important to me, important to me, or not important to me. Go with your gut. There are no right answers. Blank cards are for your own values.

2 Your top ten

From your very important pile, choose the ten that feel most central to who you are.

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

3 Your top five, in order

For each one, add a few words about why it matters to you or how you are living it right now.

VALUE	WHY IT MATTERS, OR HOW I AM LIVING IT
1	
2	
3	
4	
5	

4 One small step

Pick one value from your top five. What is one small thing you could do this week that would express it?

