

# Values Clarification Card Sort

## Introduction

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Understanding your values can provide significant support as you establish and grow your mindfulness skills. Additionally, this exercise can give insight into many aspects of life.

Clarifying your values helps you:

- Identify areas of life that could align more closely with your values
- Maintain a sense of purpose and motivation as you work to align your life to your values
- Have a steady base for decision-making. In mindfulness practice, this can help you choose specific meditation techniques or develop a general practice structure. In life, this can help with difficult choices.

## Steps

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1. Decide how you will sort the cards. You can print and cut them out to sort by hand, or you can write them on paper.

2. Make three columns like this:

**Very important to me** | **Important to me** | **Not important to me**

3. Place or write each of the remaining cards in the appropriate column. If you feel that two values are very closely related, you can combine them. For example, "caring" and "compassion" could be combined. If you have an important value that you can't find on the list, write it in the "other value: card" and sort it.

4. After all cards are sorted, if you have more than 10 cards in the **Very Important to me** column, remove or combine those values so that you have 10 or fewer.

5. On paper, write the values from the **Very important to me** category in a new column. To the right of each value, assign a number that shows you much you feel your life currently reflects that value. 0 = not at all, 10 = totally, 100%!

Example:

| <b>Very important to me</b> | <b>Current life alignment (0 – 10)</b> |
|-----------------------------|--|
| Solitude                    | 3                                      |
| Caring/compassion           | 6                                      |

# PERSONAL VALUES

## Card Sort

W.R. Miller, J. C'de Baca, D.B. Matthews, P.L.  
Wilbourne  
University of New Mexico, 2001

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

|  |  |
|--|--|
| <p style="text-align: center;"><b>COURTESY</b></p> <p style="text-align: center;">to be considerate and polite<br/>toward others</p> <p>17 <span style="float: right;">9/01</span></p> | <p style="text-align: center;"><b>CREATIVITY</b></p> <p style="text-align: center;">to have new and original ideas</p> <p>18 <span style="float: right;">9/01</span></p>                 |
| <p style="text-align: center;"><b>DEPENDABILITY</b></p> <p style="text-align: center;">to be reliable and trustworthy</p> <p>19 <span style="float: right;">9/01</span></p>            | <p style="text-align: center;"><b>DUTY</b></p> <p style="text-align: center;">to carry out my duties and obligations</p> <p>20 <span style="float: right;">9/01</span></p>               |
| <p style="text-align: center;"><b>ECOLOGY</b></p> <p style="text-align: center;">to live in harmony with the environment</p> <p>21 <span style="float: right;">9/01</span></p>         | <p style="text-align: center;"><b>EXCITEMENT</b></p> <p style="text-align: center;">to have a life full of thrills and stimulation</p> <p>22 <span style="float: right;">9/01</span></p> |
| <p style="text-align: center;"><b>FAITHFULNESS</b></p> <p style="text-align: center;">to be loyal and true in relationships</p> <p>23 <span style="float: right;">9/01</span></p>      | <p style="text-align: center;"><b>FAME</b></p> <p style="text-align: center;">to be known and recognized</p> <p>24 <span style="float: right;">9/01</span></p>                           |
| <p style="text-align: center;"><b>FAMILY</b></p> <p style="text-align: center;">to have a happy, loving family</p> <p>25 <span style="float: right;">9/01</span></p>                   | <p style="text-align: center;"><b>FITNESS</b></p> <p style="text-align: center;">to be physically fit and strong</p> <p>26 <span style="float: right;">9/01</span></p>                   |

## 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



|  |   |
|--|---|
| <p style="text-align: center;"><b>ROMANCE</b></p> <p style="text-align: center;">to have intense, exciting<br/>love in my life</p> <p>67 <span style="float: right;">9/01</span></p> | <p style="text-align: center;"><b>SAFETY</b></p> <p style="text-align: center;">to be safe and secure</p> <p>69 <span style="float: right;">9/01</span></p>   |
| <p style="text-align: center;"><b>SELF-ACCEPTANCE</b></p> <p style="text-align: center;">to accept myself as I am</p> <p>68 <span style="float: right;">9/01</span></p>              | <p style="text-align: center;"><b>SELF-CONTROL</b></p> <p style="text-align: center;">to be disciplined in my own actions</p> <p>70 <span style="float: right;">9/01</span></p>                     |
| <p style="text-align: center;"><b>SELF-ESTEEM</b></p> <p style="text-align: center;">to feel good about myself</p> <p>71 <span style="float: right;">9/01</span></p>                 | <p style="text-align: center;"><b>SELF-KNOWLEDGE</b></p> <p style="text-align: center;">to have a deep and honest understanding<br/>of myself</p> <p>72 <span style="float: right;">9/01</span></p> |
| <p style="text-align: center;"><b>SERVICE</b></p> <p style="text-align: center;">to be of service to others</p> <p>73 <span style="float: right;">9/01</span></p>                    | <p style="text-align: center;"><b>SEXUALITY</b></p> <p style="text-align: center;">to have an active and satisfying sex life</p> <p>74 <span style="float: right;">9/01</span></p>                  |
| <p style="text-align: center;"><b>SIMPLICITY</b></p> <p style="text-align: center;">to live life simply, with minimal needs</p> <p>75 <span style="float: right;">9/01</span></p>    | <p style="text-align: center;"><b>SOLITUDE</b></p> <p style="text-align: center;">to have time and space where I can<br/>be apart from others</p> <p>76 <span style="float: right;">9/01</span></p> |

|   |  |
|---|--|
| <p style="text-align: center;"><b>SPIRITUALITY</b></p> <p style="text-align: center;">to grow and mature spiritually</p> <p>77 <span style="float: right;">9/01</span></p>              | <p style="text-align: center;"><b>STABILITY</b></p> <p style="text-align: center;">to have a life that stays fairly consistent</p> <p>78 <span style="float: right;">9/01</span></p> |
| <p style="text-align: center;"><b>TOLERANCE</b></p> <p style="text-align: center;">to accept and respect those who differ from me</p> <p>79 <span style="float: right;">9/01</span></p> | <p style="text-align: center;"><b>TRADITION</b></p> <p style="text-align: center;">to follow respected patterns of the past</p> <p>80 <span style="float: right;">9/01</span></p>    |
| <p style="text-align: center;"><b>VIRTUE</b></p> <p style="text-align: center;">to live a morally pure and excellent life</p> <p>81 <span style="float: right;">9/01</span></p>         | <p style="text-align: center;"><b>WEALTH</b></p> <p style="text-align: center;">to have plenty of money</p> <p>82 <span style="float: right;">9/01</span></p>                        |
| <p style="text-align: center;"><b>WORLD PEACE</b></p> <p style="text-align: center;">to work to promote peace in the world</p> <p>83 <span style="float: right;">9/01</span></p>        | <p><b>Other Value:</b></p>   |
| <p><b>Other Value:</b></p>  | <p><b>Other Value:</b></p>   |

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