

Personal Values Card Sort

Preparation:

To start this activity check that you have a pack of values cards, including three header cards. Place the three header cards labeled "very important to me", "important to me" and "not important to me" on a flat surface (see image below). Then take the deck of values cards and follow the instructions below.

Step 1:

Look at each value and place it under the label card that best describes how important this value is to you. Don't spend too long agonising! There are 40 cards to get through, so go with your gut feeling. You will have a chance to review the list later. If any important values are missing, use the blank cards to create a new value card. Make sure that you choose values that are actually yours and not ones that you think you "should" include.

Step 2:

Now focus only on the value cards under the "very important to me" heading. You probably have quite a few in this pile. Your task is to pick out your top five cards i.e., the values that are most important to you.

Step 3:

Next prioritise the five value cards placing the most important value at the top and work your way down. Write your prioritised five values on the values worksheet (see over).

Step 4:

On the values worksheet, rate how satisfied you are currently (0 to 10) with your life in relation to each of these values. For examples, if one of your values is family and you are very satisfied with how well you act in line with this value, you might give it a satisfaction rating of 9.

Step 5:

Answer the reflections questiond on the values worksheet.

Example Card Sort

<i>Very Important To Me</i>	<i>Important To Me</i>	<i>Not Important To Me</i>
<i>Value</i>	<i>Value</i>	<i>Value</i>
<i>Value</i>	<i>Value</i>	<i>Value</i>
<i>Value</i>		<i>Value</i>
		<i>Value</i>

Prioritised Values List

Give each value a score (0-10)
0 = not at all satisfied
10 = extremely satisfied

1.	<hr/>	<hr/>
2.	<hr/>	<hr/>
3.	<hr/>	<hr/>
4.	<hr/>	<hr/>
5.	<hr/>	<hr/>

Reflections

Q1: Am I living my life in accordance with my core values?

Q2: If not, which are the values that I would most like to work on?

Q3: What action can I take to live my life in accordance with my core values?

Persistence

To keep going, even when things get difficult



Contribution

To contribute and give back to the wider world



Compassion

To be caring towards others and compassionate to those in my life



Fairness

To treat others with equality and fairness



Growth & Learning

To continue to learn and develop in new areas, formally and informally



Safety

To protect and ensure the safety of myself and others



Responsibility

*To be responsible and accountable
for my actions*



Assertiveness

To respectfully stand up for my rights



Friendliness

*To be friendly towards others and loyal
to my mates*



Fun

*To seek and create fun experiences
on a regular basis*



Acceptance

*To be open to and accepting of myself, others
and life*



Humility

*To be modest and let my accomplishments
speak for themselves*



Respect

To act with respect and consideration for myself, others and my surrounds



Creativity

To express myself, be artistic or innovative



Achievement

To strive for and achieve goal



Humour

To see, appreciate and share the humorous side of life



Beauty

To appreciate, create or nurture beauty in myself, others or my surrounds



Hope

To maintain hope and optimism for the future



Skillfulness

To practice, improve and apply my skills



Power

To strongly influence, or wield authority over others



Legacy

To leave something of value for those that follow



Independence

To have the freedom to make my own way and be responsible for my choices



Materialism

To appreciate and acquire material things



Authenticity

To be genuine and true to myself



Adventure

To actively seek a life full of new or stimulating adventures



Gratitude

To be thankful and appreciative for the good things in my life



Spirituality

To connect with things bigger than myself



Courage

To be brave and stand up in the face of fear or difficulty



Love

To love and be loved



Recognition

To be recognised by others for my accomplishments



Leadership

To lead and be a role model to others



Conformity

To respect and follow the rules



Connection

To feel connected to people, place and community



Open-mindedness

To be open to other ideas and perspectives



Mindfulness

To be open to and aware of my experience of the here-and-now



Health

To take care of my physical and mental health



Balance

*To maintain balance between work,
relationships, and play*



Create your own value name & description



Create your own value name & description



Create your own value name & description



Create your own value name & description



Create your own value name & description



VERY IMPORTANT FOR ME



IMPORTANT FOR ME



NOT IMPORTANT FOR ME

