## VALUES

## What are your core values? How do your values drive your actions?

Instructions:

Listed below are 50 values. Read through the list. When you find a value that describes you, circle it. Next, condense the circled list to the 10 values that most describe you. Finally, reflect on the meaning of each of these 10 values, and ask yourself if they are congruent with the choices you make and the actions you take on a daily basis. If so, great! Keep it up! If not, look at how you may create a life of greater integrity and happiness! Enjoy!

ACCEPTANCE To be accepted as I am

ACCURACY To be correct in my opinions and actions

ACHIEVEMENT To accomplish and achieve

ADVENTURE To have new and exciting experiences

ATTRACTIVENESS To be physically attractive

AUTHORITY To be in charge of others

AUTONOMY To be self-determining and independent

BEAUTY To appreciate beauty around us

CARING To take care of others

COMFORT To have a pleasant, enjoyable life

COMMITMENT To make a long-lasting and deep commitment to another person

COMPASSION To feel and show concern for others

COMPLEXITY To have a life full of variety and change

CONTRIBUTION To make a contribution that will last after I am gone

COURTESY To be polite and considerate to others

CREATIVITY To have new and original ideas

DEPENDABILITY To be reliable and trustworthy

DUTY To carry out my duties and responsibilities ECOLOGY To live in harmony with and protect the environment

FAME To be known and recognized

FAMILY To have a happy, loving family

FLEXIBILITY To adjust to new or unusual situations easily

FORGIVENESS To be forgiving of others

FRIENDS To have close, supportive friends

FUN To play and have fun

GENEROSITY To give what I have to others

GENUINENESS To behave in a manner that is true to MASTERY who I am To be com

GOD'S WILL To seek and obey the will of God

GROWTH To keep changing and growing

HEALTH To be physically well and healthy

HELPFULNESS To be helpful to others

HONESTY To be truthful and genuine

HUMILITY To be modest and unassuming

HUMOR To see the humorous side of myself and the world

INDEPENDENCE To be free from depending on others

INDUSTRY To work hard and well at my life tasks INNER PEACE To experience personal peace

INTIMACY To share my innermost experience with others

JUSTCE To promote equal and fair treatment for all

KNOWLEDGE To learn and possess valuable knowledge

LEISURE To make time to relax and enjoy

LOGIC To live rationally and sensibly

LOVED To be loved by those close to me

LOVING To give love to others

MASTERY To be competent in my everyday activities

MODERATION To avoid excess and find a middle ground

MONOGAMY To have one close, loving relationship

ORDERLINESS To have a life that is well-ordered and organized

PLEASURE To have experiences that feel good

POPULARITY To be well-liked by many people

POWER To have control over others

PURPOSE To have meaning and direction in life

REALISM To see and act realistically and practically RESPONSIBILITY To make and carry out important decisions

RISK To take risks and chances

ROMANCE To have intense, exciting love in my life

SAFETY To be safe and secure

SELF-ACCEPTANCE To like myself as I am

SELF-CONTROL To be self-disciplined and govern my own activities

SELF-ESTEEM To feel positive about myself

SELF-KNOWLEDGE To have a deep, honest understanding of myself

SERVICE To be of service to others

SEXUALITY To have an active and satisfying sex life

SIMPLICITY To live life simply, with minimal needs

SPIRITUALITY To grow spiritually

STABILITY To have a life that stays fairly consistent

STRENGTH To be physically strong

TOLERANCE To accept and respect those different from me

VIRTURE To live a morally pure and excellent life

WEALTH To have plenty of money

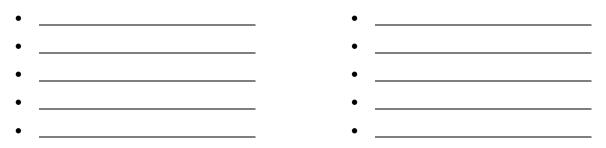


Source: Miller, W.R., C'deBaca, J., & Matthews, D.B. (1994). <u>Values Card Sort.</u> Unpublished manuscript: University of New Mexico. www.winona.edu/resilience

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What did you identify as your top 10 values?



Do these values guide your words and actions, and if so how?

How do you feel when you make choices in line with your identified values versus times when you don't?

What changes can you make in your life so that your choices and actions are more consistently in line with your values?



Adapted from: Hayes, Louise (2016). Strength spotting card sort. <u>http://thrivingadolescent.com/2016/01/19/strength-spotting-card-sort-free-download/</u>