

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	ECOLOGY To live in harmony with and protect the environment	INNER PEACE To experience personal peace	RESPONSIBILITY To make and carry out important decisions
ACCURACY To be correct in my opinions and actions	FAME To be known and recognized	INTIMACY To share my innermost experience with others	RISK To take risks and chances
ACHIEVEMENT To accomplish and achieve	FAMILY To have a happy, loving family	JUSTICE To promote equal and fair treatment for all	ROMANCE To have intense, exciting love in my life
ADVENTURE To have new and exciting experiences	FLEXIBILITY To adjust to new or unusual situations easily	KNOWLEDGE To learn and possess valuable knowledge	SAFETY To be safe and secure
ATTRACTIVENESS To be physically attractive	FORGIVENESS To be forgiving of others	LEISURE To make time to relax and enjoy	SELF-ACCEPTANCE To like myself as I am
AUTHORITY To be in charge of others	FRIENDS To have close, supportive friends	LOGIC To live rationally and sensibly	SELF-CONTROL To be self-disciplined and govern my own activities
AUTONOMY To be self-determining and independent	FUN To play and have fun	LOVED To be loved by those close to me	SELF-ESTEEM To feel positive about myself
BEAUTY To appreciate beauty around us	GENEROSITY To give what I have to others	LOVING To give love to others	SELF-KNOWLEDGE To have a deep, honest understanding of myself
CARING To take care of others	GENUINENESS To behave in a manner that is true to who I am	MASTERY To be competent in my everyday activities	SERVICE To be of service to others
COMFORT To have a pleasant, enjoyable life	GOD'S WILL To seek and obey the will of God	MODERATION To avoid excess and find a middle ground	SEXUALITY To have an active and satisfying sex life
COMMITMENT To make a long-lasting and deep commitment to another person	GROWTH To keep changing and growing	MONOGAMY To have one close, loving relationship	SIMPLICITY To live life simply, with minimal needs
COMPASSION To feel and show concern for others	HEALTH To be physically well and healthy	ORDERLINESS To have a life that is well-ordered and organized	SPIRITUALITY To grow spiritually
COMPLEXITY To have a life full of variety and change	HELPFULNESS To be helpful to others	PLEASURE To have experiences that feel good	STABILITY To have a life that stays fairly consistent
CONTRIBUTION To make a contribution that will last after I am gone	HONESTY To be truthful and genuine	POPULARITY To be well-liked by many people	STRENGTH To be physically strong
COURTESY To be polite and considerate to others	HUMILITY To be modest and unassuming	POWER To have control over others	TOLERANCE To accept and respect those different from me
CREATIVITY To have new and original ideas	HUMOR To see the humorous side of myself and the world	PURPOSE To have meaning and direction in life	VIRTUE To live a morally pure and excellent life
DEPENDABILITY To be reliable and trustworthy	INDEPENDENCE To be free from depending on others	REALISM To see and act realistically and practically	WEALTH To have plenty of money
DUTY To carry out my duties and responsibilities	INDUSTRY To work hard and well at my life tasks		

Source: Miller, W.R., C'deBaca, J., & Matthews, D.B. (1994). Values Card Sort. Unpublished manuscript: University of New Mexico.

www.winona.edu/resilience

updated 11/16/16



VALUES

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

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.

<http://thrivingadolescent.com/2016/01/19/strength-spotting-card-sort-free-download/>

