



Azevedo Family Psychology

Values Sort Instructions

1. Print the sheets and cut out the cards.
2. Sort the cards into 3 piles – “Very Important”, “Important”, “Not Important”
3. Set aside the “Important” and “Not Important” piles.
4. Take the “Very Important” pile and sort it again into 3 piles as before.
5. Continue steps 3 and 4 until you have 5 top values.
6. Take the top 5 values and list out the behaviors you engage in daily, weekly, monthly, or annually that demonstrate how you live these values. It is ok if you discover you can't name a behavior. This might be an aspirational value. Then you need a plan for building the behaviors that represent that value into your repertoire. It may also be a value you feel you are supposed to have, but don't really live because it belongs to someone who has influenced you. Consider whether or not you wish to keep it.

<p align="center">PERSONAL VALUES Card Sort W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001</p>	<p align="center">IMPORTANT TO ME</p>
<p align="center">VERY IMPORTANT TO ME</p>	<p align="center">NOT IMPORTANT TO ME</p>
<p align="center">ACCEPTANCE to be accepted as I am 1 9/01</p>	<p align="center">ACCURACY to be accurate in my opinions and beliefs 2 9/01</p>
<p align="center">ACHIEVEMENT to have important accomplishments 3 9/01</p>	<p align="center">ADVENTURE to have new and exciting experiences 4 9/01</p>
<p align="center">ATTRACTIVENESS to be physically attractive 5 9/01</p>	<p align="center">AUTHORITY to be in charge of and responsible for others 6 9/01</p>

<p style="text-align: center;">AUTONOMY</p> <p style="text-align: center;">to be self-determined and independent</p> <p>7 9/01</p>	<p style="text-align: center;">BEAUTY</p> <p style="text-align: center;">to appreciate beauty around me</p> <p>8 9/01</p>
<p style="text-align: center;">CARING</p> <p style="text-align: center;">to take care of others</p> <p>9 9/01</p>	<p style="text-align: center;">CHALLENGE</p> <p style="text-align: center;">to take on difficult tasks and problems</p> <p>10 9/01</p>
<p style="text-align: center;">CHANGE</p> <p style="text-align: center;">to have a life full of change and variety</p> <p>11 9/01</p>	<p style="text-align: center;">COMFORT</p> <p style="text-align: center;">to have a pleasant and comfortable life</p> <p>12 9/01</p>
<p style="text-align: center;">COMMITMENT</p> <p style="text-align: center;">to make enduring, meaningful commitments</p> <p>13 9/01</p>	<p style="text-align: center;">COMPASSION</p> <p style="text-align: center;">to feel and act on concern for others</p> <p>14 9/01</p>
<p style="text-align: center;">CONTRIBUTION</p> <p style="text-align: center;">to make a lasting contribution in the world</p> <p>15 9/01</p>	<p style="text-align: center;">COOPERATION</p> <p style="text-align: center;">to work collaboratively with others</p> <p>16 9/01</p>

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

<p style="text-align: center;">FLEXIBILITY</p> <p style="text-align: center;">to adjust to new circumstances easily</p> <p>27 9/01</p>	<p style="text-align: center;">FORGIVENESS</p> <p style="text-align: center;">to be forgiving of others</p> <p>28 9/01</p>
<p style="text-align: center;">FRIENDSHIP</p> <p style="text-align: center;">to have close, supportive friends</p> <p>29 9/01</p>	<p style="text-align: center;">FUN</p> <p style="text-align: center;">to play and have fun</p> <p>30 9/01</p>
<p style="text-align: center;">GENEROSITY</p> <p style="text-align: center;">to give what I have to others</p> <p>31 9/01</p>	<p style="text-align: center;">GENUINENESS</p> <p style="text-align: center;">to act in a manner that is true to who I am</p> <p>32 9/01</p>
<p style="text-align: center;">GOD'S WILL</p> <p style="text-align: center;">to seek and obey the will of God</p> <p>33 9/01</p>	<p style="text-align: center;">GROWTH</p> <p style="text-align: center;">to keep changing and growing</p> <p>34 9/01</p>
<p style="text-align: center;">HEALTH</p> <p style="text-align: center;">to be physically well and healthy</p> <p>35 9/01</p>	<p style="text-align: center;">HELPFULNESS</p> <p style="text-align: center;">to be helpful to others</p> <p>36 9/01</p>

<p style="text-align: center;">HONESTY</p> <p style="text-align: center;">to be honest and truthful</p> <p>37 9/01</p>	<p style="text-align: center;">HOPE</p> <p style="text-align: center;">to maintain a positive and optimistic outlook</p> <p>38 9/01</p>
<p style="text-align: center;">HUMILITY</p> <p style="text-align: center;">to be modest and unassuming</p> <p>39 9/01</p>	<p style="text-align: center;">HUMOR</p> <p style="text-align: center;">to see the humorous side of myself and the world</p> <p>40 9/01</p>
<p style="text-align: center;">INDEPENDENCE</p> <p style="text-align: center;">to be free from dependence on others</p> <p>41 9/01</p>	<p style="text-align: center;">INDUSTRY</p> <p style="text-align: center;">to work hard and well at my life tasks</p> <p>42 9/01</p>
<p style="text-align: center;">INNER PEACE</p> <p style="text-align: center;">to experience personal peace</p> <p>43 9/01</p>	<p style="text-align: center;">INTIMACY</p> <p style="text-align: center;">to share my innermost experiences with others</p> <p>44 9/01</p>
<p style="text-align: center;">JUSTICE</p> <p style="text-align: center;">to promote fair and equal treatment for all</p> <p>45 9/01</p>	<p style="text-align: center;">KNOWLEDGE</p> <p style="text-align: center;">to learn and contribute valuable knowledge</p> <p>46 9/01</p>

<p style="text-align: center;">LEISURE</p> <p style="text-align: center;">to take time to relax and enjoy</p> <p>47 9/01</p>	<p style="text-align: center;">LOVED</p> <p style="text-align: center;">to be loved by those close to me</p> <p>48 9/01</p>
<p style="text-align: center;">LOVING</p> <p style="text-align: center;">to give love to others</p> <p>49 9/01</p>	<p style="text-align: center;">MASTERY</p> <p style="text-align: center;">to be competent in my everyday activities</p> <p>50 9/01</p>
<p style="text-align: center;">MINDFULNESS</p> <p style="text-align: center;">to live conscious and mindful of the present moment</p> <p>51 9/01</p>	<p style="text-align: center;">MODERATION</p> <p style="text-align: center;">to avoid excesses and find a middle ground</p> <p>52 9/01</p>
<p style="text-align: center;">MONOGAMY</p> <p style="text-align: center;">to have one close, loving relationship</p> <p>53 9/01</p>	<p style="text-align: center;">NON-CONFORMITY</p> <p style="text-align: center;">to question and challenge authority and norms</p> <p>54 9/01</p>
<p style="text-align: center;">NURTURANCE</p> <p style="text-align: center;">to take care of and nurture others</p> <p>55 9/01</p>	<p style="text-align: center;">OPENNESS</p> <p style="text-align: center;">to be open to new experiences, ideas, and options</p> <p>56 9/01</p>

<p style="text-align: center;">ORDER</p> <p style="text-align: center;">to have a life that is well-ordered and organized</p> <p>57 9/01</p>	<p style="text-align: center;">PASSION</p> <p style="text-align: center;">to have deep feelings about ideas, activities, or people</p> <p>58 9/01</p>
<p style="text-align: center;">PLEASURE</p> <p style="text-align: center;">to feel good</p> <p>59 9/01</p>	<p style="text-align: center;">POPULARITY</p> <p style="text-align: center;">to be well-liked by many people</p> <p>60 9/01</p>
<p style="text-align: center;">POWER</p> <p style="text-align: center;">to have control over others</p> <p>61 9/01</p>	<p style="text-align: center;">PURPOSE</p> <p style="text-align: center;">to have meaning and direction in my life</p> <p>62 9/01</p>
<p style="text-align: center;">RATIONALITY</p> <p style="text-align: center;">to be guided by reason and logic</p> <p>63 9/01</p>	<p style="text-align: center;">REALISM</p> <p style="text-align: center;">to see and act realistically and practically</p> <p>64 9/01</p>
<p style="text-align: center;">RESPONSIBILITY</p> <p style="text-align: center;">to make and carry out responsible decisions</p> <p>65 9/01</p>	<p style="text-align: center;">RISK</p> <p style="text-align: center;">to take risks and chances</p> <p>66 9/01</p>

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

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