

VALUES SORTING

Defining What is Important

INSTRUCTIONS: Review each of these values. **WITHOUT JUDGING YOUR ANSWERS**, consider if they are very important, important, or not important in how you want to live your life - professional and personally. *You do not have to use all the items* and you can add your own values/wording as desired. List your answers on the attached sheets.

Achievement: Have important accomplishments
Adventure: Have new/exciting experiences
Attractiveness: Be physically attractive
Authority: Be in charge of/responsibility for others
Beauty: Appreciate beauty around me
Change: Have a life full of change/variety
Challenge: Take on difficult tasks and problems
Comfort: Have pleasant and comfortable life
Compassion: Feel/act on concern for others
Contribution: Make a contribution to community
Cooperation: Work collaboratively with others
Creativity: Have new and original ideas
Dependability: Be reliable and trustworthy
Duty: Carry out my duties and obligations
Ecology: Live in harmony with the environment
Empathy: Understand feelings of others
Faithfulness: Loyal and true in relationships
Family: Have a happy, loving family
Financial Wealth: Have plenty of money
Flexibility: Adjust to new circumstances easily
Forgiveness: Be forgiving of others
Friendship: Have close, supportive friendships
Fun: Play and have fun
Generosity: Give what I have to others
Growth: Keep changing and growing
Health - Physical: Mind/body wellness
Helpfulness: Helpful to others
Honesty: Honest and truthful
Hope: Maintain positive outlook
Humor: See humorous side of myself & world
Independence: Be free from dependence on others
Industry: Work hard and well at my tasks

Justice: Promote fair and equal treatment
Knowledge: Learn and contribute valuable knowledge
Leisure: Take time to relax/enjoy
Love: Be loved by those close to me/Give love
Mastery: Excel in my everyday activities
Mindfulness: Live mindful of present moment
Non-Conformity: Question authority, challenge norms
Openness: To be open to new ideas, options
Order: Have a life that is well organized/ordered
Passion: Have deep feelings about ideas, people, activities
Popularity: Be well-known/liked by many people
Purpose: Have meaning/direction in my life
Religion: Maintain a meaningful religious practice
Responsibility: Make/carry out responsible decisions
Risk: To take risks and chances
Safety: Be safe and secure
Self-Acceptance: Accept myself as I am
Self-Control: Be disciplined in my own actions
Self-Awareness: Have honest understanding of myself
Service: Be of service to others
Sexuality: Have an exciting, satisfying sex life
Simplicity: Live simply, minimally
Solitude: Have time/space apart from others
Spirituality: Grow and mature spiritually
Stability: Have a life that stays consistent
Tolerance: To accept/respect those who differ from me
Tradition: Embody a way of life given to us by ancestors
Virtue: Live a morally pure life
World Peace: To work toward/promote world peace
OTHER VALUE: _____

Credits: W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne,
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STEP ONE

TOP 10 VERY IMPORTANT
TO ME

Step 1: List No More than 10 total items

STEP TWO

RANKED VERY IMPORTANT
TO ME



*Step 2: Then, rank them from 1 - 10,
with 1 being most important,*

No two items can tie. They must all be ranked in order

1.

1ST MOST IMPORTANT

2.

3.

4.

5.

6.

7.

8.

9.

10.

10TH MOST IMPORTANT



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IMPORTANT TO ME

*These items are important or a bit more than neutral,
or what you might call "nice to haves" in your life,
but not your top 10 most important.*

NOT IMPORTANT TO ME

*These items are a bit less than neutral or
not important as you think about your life.
REMEMBER - NO JUDGEMENT HERE!*

