

Personal Values Card Sort

Recording worksheet, for use with the printed card deck (Miller, C'de Baca, Matthews & Wilbourne, 2001, University of New Mexico)

NAME

DATE

1 Sort the cards

Place each card into one of three piles: **Very Important to Me**, **Important to Me**, or **Not Important to Me**. Go with your gut; there are no right answers. Blank cards are for your own values.

2 From your Very Important pile, choose the ten that feel most central

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

3 Choose your five most important, in order

For each one, add a few words about why it matters to you or how you are living it right now.

1.

2.

3.

4.

5.

4 One small step

Pick one value from your top five. What is one small thing you could do this week that would express it?