DATE:



### **VALUE SORT**

Look at the below list of values. Think of what they mean to you. Are there values you think are missing? You can add them at the bottom.

- BROAD INTERESTS
- CHALLENGE
- COURAGE, RISK
   TAKING
- CREATING

  BALANCE IN ONE'S

  LIFE
- CREATIVITY,
   PIONEERING
- CURIOSITY
- EFFICIENT WORK
  HABITS
- ENJOYMENT OF THE ACTIVITY ITSELF
- FAITH
- FAME, SUCCESS
- HARD WORK AND COMMITMENT
- HONESTY AND INTEGRITY
- INDEPENDENCE

- OPENNESS (BEING RECEPTIVE TO NEW IDEAS)
- PERSONAL GROWTH
   AND LEARNING
- POWER, INFLUENCE
- PROFESSIONAL
   ACCOMPLISHMENT
- PROFESSIONAL CONDUCT
- QUALITY
   (THOROUGH,
   ACCURATE, OR
   CAREFUL)
- RECOGNITION FROM ONE'S FIELD
- REWARDING AND SUPPORTIVE RELATIONSHIPS
- SEARCHING FOR KNOWLEDGE OR TRUTH

- SELF-EXAMINATION,
   SELF-CRITICISM,
   SELF-UNDERSTANDING
  - SOCIAL CONCERNS (COMMON GOOD, CARE FOR THE FUTURE, AVOIDING HARM)
  - SOLITUDE,
     CONTEMPLATION
  - SPIRITUALITY
  - TEACHING,
     MENTORING
  - UNDERSTANDING, HELPING, OR SERVING OTHERS
  - VISION (SEEING THE BIG PICTURE OR FUTURE)
  - WEALTH, MATERIAL
     WELL-BEING

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OTHER VALUE

OTHER VALUE



OTHER VALUE



DATE:



## **VALUE SORT**

Please sort the values listed previously in terms of relative importance to you personally. You must follow the grid so that only the allotted number of cards can be placed in a particular category.

After sorting, write the values in the appropriate boxes. If you added "other" values above so that there are now more than 30 total values, extra values may need to be added to the central "neutral" column.

		(10 CARDS)		
	(6 CARDS)		(6 CARDS)	
(4 CADDC)				(4 CARRC)
(4 CARDS)				(4 CARDS)
LEAST	LESS	NEUTRAL	MORE	MOST
LLAGI	(	IMPORTANT	MORE	741001



DATE:



# **VALUE SORT**

#### **DISCUSSION QUESTIONS**

1. Do you feel you learned anything new about yourself by completing this exercise?

2. Look at your least important items (column on the left) and most important items (column on the right). For each, briefly explain why you chose these items as your least or most important values.



DATE:



# **VALUE SORT**

### **DISCUSSION QUESTIONS**

3. Do you think your values change depending on what you as	re
doing? Are your values at school different from your values a	ıt
home versus your values when you're with friends? Why? How	√?

4. Is there a connection between your most important values and your favorite or most meaningful activities? What about the work you want to do in your future?

