
PERSONAL VALUES CARD SORT

This activity is a way to explore your personal values and how they affect the direction of your life. By sorting through values cards and grouping them in categories of importance, you can better understand what really matters most to you.



TITLE CARDS

Below are three Title Cards. On the following pages you will find Value Cards that describe something that may represent a personal value to you. Consider the level of importance of the value highlighted on each Value Card and categorize it under one of the three Title Cards below.

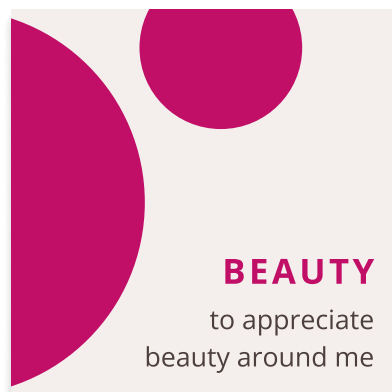
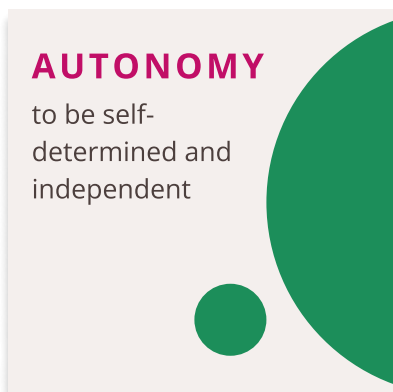
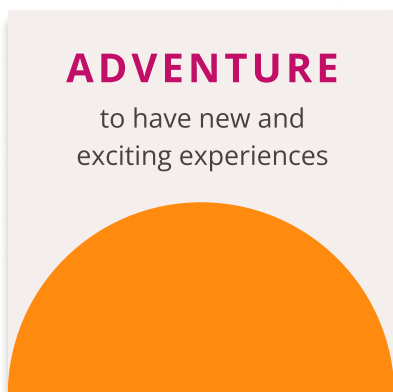
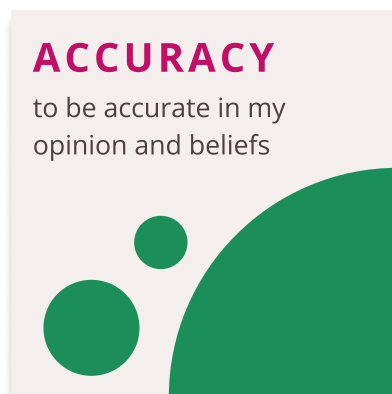
**VERY
IMPORTANT
TO ME**

**IMPORTANT
TO ME**

**NOT
IMPORTANT
TO ME**

If there is a value you would like to include, write it on one of the blank cards provided at the end and put it in whichever pile you would like.

VALUE CARDS



VALUE CARDS

COMMITMENT

to make enduring,
meaningful
commitments

COMPASSION

to feel and act on
concern for others

CONTRIBUTION

to make a lasting
contribution in the world

COOPERATION

to work collaboratively
with others



COURTESY

to be considerate and
polite towards others

CREATIVITY

to have new
and original ideas

DEPENDABILITY

to be reliable and
trustworthy

DUTY

to carry out my duties
and obligations

ECOLOGY

to live in harmony with
the environment



EXCITEMENT

to have a life full of
thrills and stimulation

FAITHFULNESS

to be loyal and true
in relationships

FAME

to be known and
recognized

VALUE CARDS

FAMILY
to have a happy,
loving family

FITNESS
to be physically fit
and strong

FLEXIBILITY
to adjust to new
circumstances easily

FORGIVENESS
to be forgiving of others

FRIENDSHIP
to have close,
supportive friends

FUN
to play and
have fun

GENEROSITY
to give what I
have to others

GENUINENESS
to act in a manner that
is true to who I am

GROWTH
to keep changing
and growing

HEALTH
to be physically well
and healthy

HELPFULNESS
to be helpful
to others

HONESTY
to be honest
and truthful

VALUE CARDS

HOPE

to maintain a positive and optimistic outlook



HUMILITY

to be modest and unassuming



HUMOR

to see the humorous side of myself and the world



INDEPENDENCE

to be free from dependence on others



INDUSTRY

to work hard and well at my life tasks



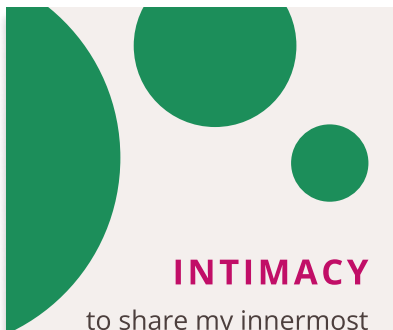
INNER PEACE

to experience personal peace



INTIMACY

to share my innermost experiences with others



JUSTICE

to promote fair and equal treatment for all



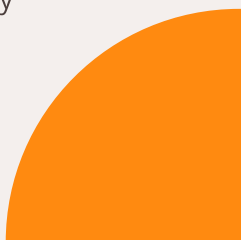
KNOWLEDGE

to learn and contribute valuable knowledge



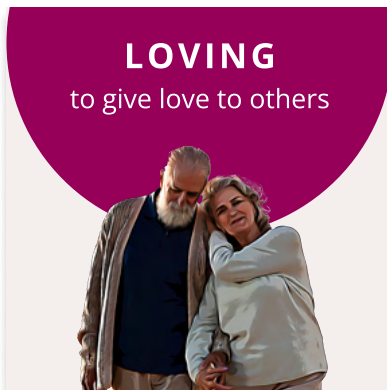
LEISURE

to take time to relax and enjoy



LOVING

to give love to others



MASTERY

to be competent in my everyday activities



VALUE CARDS

MINDFULNESS

to live conscious and mindful of the present moment



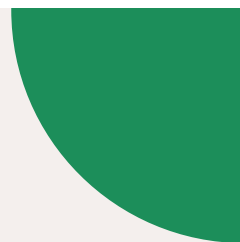
MODERATION

to avoid excesses and find a middle ground



NON-CONFORMITY

to question and challenge authority and norms



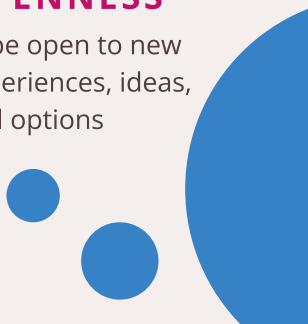
NURTURANCE

to take care of and nurture others



OPENNESS

to be open to new experiences, ideas, and options



ORDER

to have a life that is well-ordered and organized



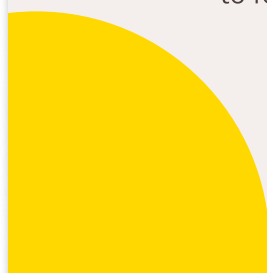
PASSION

to have deep feelings about ideas, activities, or people



PLEASURE

to feel good



POPULARITY

to be well-liked by many people



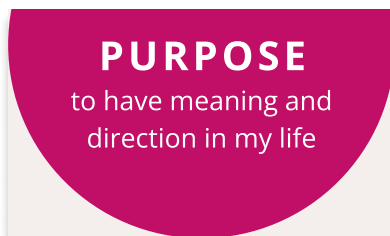
POWER

to have control over others



PURPOSE

to have meaning and direction in my life

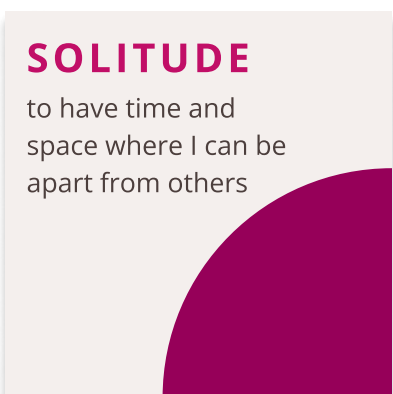
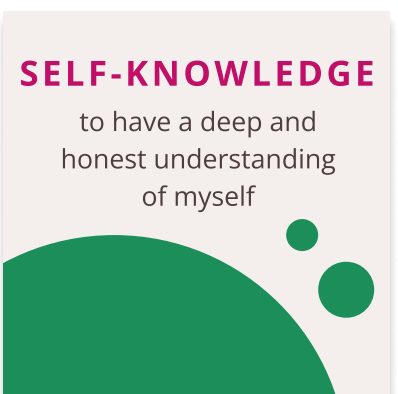
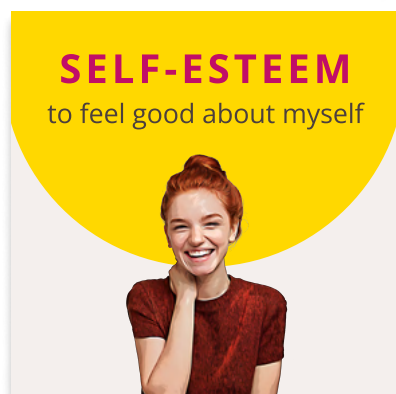
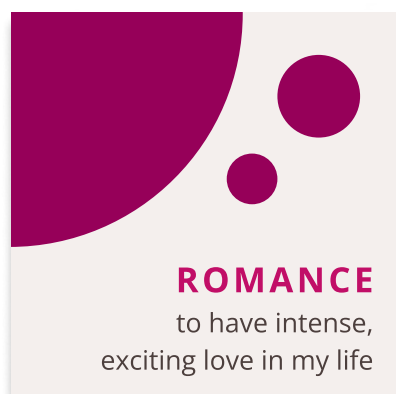


RATIONALITY

to be guided by reason and logic



VALUE CARDS



VALUE CARDS

SPIRITUALITY

to grow and
mature spiritually

STABILITY

to have a life that stays
fairly consistent



TOLERANCE

to accept and respect
those who differ from me

TRADITION

to follow respected
patterns of the past

VIRTUE

to live a morally pure
and excellent life

WEALTH

to have plenty of money

WORLD PEACE

to work to promote
peace in the world

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

OTHER VALUE:

WHAT IS SIBLY?

Sibly is a text-based mental health coaching service that gives members immediate access to trained human coaches who help them take action to improve their physical and mental health. Our coaches are nonjudgmental, knowledgeable and supportive, offering personalized support that meet your needs.



Help at your fingertips, around-the-clock

Our coaches are available 24/7, for real help in real time. No waiting, no appointments, at no cost to you.



Support for life's daily challenges

Sibly helps our members manage stress, conflict, relationships, build new habits -- and much more.



The right resources at the right time

Coaches can help you find and take advantage of organization benefits that meet your needs.

"...Like talking to a well- trusted friend. I love the links they give to tools, self care ideas, articles and different coping strategies for my overthinking."

- Sibly Member

Reference—

¹ Miller, W.R., C'de Baca J., Matthews, D.B., & Wilbourne, P.L. (2001). *Personal Values Card Sort*. Retrieved from <https://casa.unm.edu/inst/Personal%20Values%20Card%20Sort.pdf>.



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