personalvalu.es

Personal Values Card Sort Exercise

Print. Cut. Sort. Discover what matters most to you.

1 Print & cut

Print the following pages and cut out the value cards. The two blank cards are for any value you find missing.



2 Sort

Read each card and lay it on one of three piles, very important, important, or not important to you.



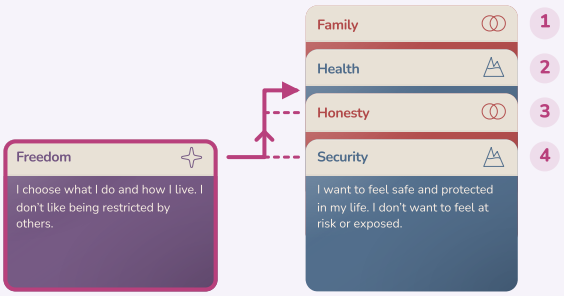
Very important | Important | Not important

3 Rank

Take the cards from your Very important pile, one at a time.

Start with two cards. Keep the one that matters more on top. Compare each new card with the ranked cards and place it where it belongs.

Continue until all your cards are ranked.



2M+
completed assessments

216
countries

62
core values

About the cards

The 62 core values were defined by Arkadiusz Zalewski, founder of personalvalu.es. Each card includes a short description to help you understand what the value means to you.

The method

This is the same set of 62 core values used in the personalvalu.es online assessment. The cards help you compare values, identify your priorities and arrange them in order of importance.

Keep your sort, and see what it says

- ✓ **Track your values over time**
  See which values stay important as your life changes.
- ✓ **Understand your results**
  Explore what each of your top values means.

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Created by Arkadiusz Zalewski. Free to print and use with clients, in classes and workshops.

Certainty

I want things to feel stable and predictable. I feel uneasy when I don’t know what’s coming.

1/62

Commitment

I stick to my decisions even after the excitement fades. I don’t quit when things get hard.

2/62

Control

I like to be in control of what’s happening. I don’t like leaving things to chance.

3/62

Discipline

I do what needs to be done, even when I don’t feel like it. I stay consistent.

4/62

Financial stability

I want my finances to feel stable and secure. I don’t want to worry about money.

5/62

Health

I take care of my health and well-being. I want to feel good and have energy every day.

6/62

Inner harmony

I feel calm and at peace within myself. I don’t want inner tension or conflict.

7/62

Job security

I want a stable job I can rely on. I don’t want to worry about losing it.

8/62

Peace

I want a calm and peaceful environment around me. I don't like conflict or tension.

9/62

Privacy

I value my privacy and personal space. I don't want others to intrude on it.

10/62

Security

I want to feel safe and protected in my life. I don't want to feel at risk or exposed.

11/62

Tradition

I value traditions and the ways things have always been done. I don't feel comfortable breaking from them.

12/62

Religion

I base my life on my religious beliefs and values. I find guidance in my faith.

13/62

Acceptance

I want to be accepted for who I am. I don't want to feel judged or rejected.

14/62

Appreciation

I want to feel appreciated for what I do. I don't want my efforts to go unnoticed.

15/62

Compassion

I care about others and how they feel. I don't ignore their pain.

16/62

Equality

I believe everyone should be treated equally. I don't accept unfair differences between people.

17/62

Family

My family is very important to me. I want to feel close and connected to them.

18/62

Forgiveness

I let go of resentment and forgive others. I don't hold on to anger.

19/62

Friendship

I value close and meaningful friendships. I want to feel connected to the people I choose.

20/62

Helpfulness

I help others when they need it. I don't ignore people who need support.

21/62

Love

I want to love and be loved. I want to feel a deep emotional connection.

22/62

Loyalty

I stay loyal to the people I care about. I don't turn my back on them.

23/62

Teamwork

I like working together with others toward a common goal. I don't want to do everything on my own.

24/62

Tolerance

I accept that people can be different from me. I don't reject others for their differences.

25/62

Trust

I trust the people around me. I don't want to feel doubt or suspicion in my relationships.

26/62

Honesty

I tell the truth and act honestly. I don't hide or twist things.

27/62

Spirituality

I feel connected to something greater than myself. I want a deeper sense of meaning.

28/62

Adventure

I step outside my comfort zone and try new things. I don't want to play it safe.

29/62

Authenticity

I am true to myself in how I live and act. I don't pretend to be someone I'm not.

30/62

Beauty

I appreciate beauty and aesthetics around me. I want things to look and feel beautiful.

31/62

Creativity

I create new ideas and things. I don't want to just follow what already exists.

32/62

Excitement

I seek excitement and strong emotions. I don't want life to feel dull.

33/62

Freedom

I choose what I do and how I live. I don't like being restricted by others.

34/62

Independence

I rely on myself to handle things. I don't depend on others.

35/62

Passion

I feel passionate about what I do. I don't want to do things without energy or interest.

36/62

Pleasure

I enjoy things that feel good and pleasant. I don't want to feel discomfort.

37/62

Uniqueness

I like to stand out and be different from others. I don't want to be like everyone else.

38/62

Variety

I like variety and change in what I do. I don't want things to feel repetitive.

39/62

Challenge

I push myself through difficult challenges. I don't avoid what's hard.

40/62

Competence

I am capable and effective in what I do. I don't want to feel unskilled or unsure.

41/62

Curiosity

I want to understand how things work. I don't like staying at the surface.

42/62

Determination

I keep going even when things get difficult. I don't give up easily.

43/62

Excellence

I do things at a high level. I don't settle for average.

44/62

Growth

I want to grow and become better over time. I don't want to stay the same.

45/62

Intelligence

I analyze and understand things clearly. I don't want to be confused.

46/62

Meaningful work

I want the work I do to feel meaningful. I don't want to do things that feel pointless.

47/62

Wisdom

I make thoughtful and wise decisions. I don't act on impulse.

48/62

Accountability

I take responsibility for my actions and results. I don't blame others for the outcome.

49/62

Ambition

I aim high and push myself to achieve more. I don't settle for less than I can be.

50/62

Authority

I make decisions and lead others. I don't accept being overlooked or ignored.

51/62

Contribution

I want to contribute something meaningful to others. I want what I do to make a difference.

52/62

Courage

I act despite fear. I don't let it stop me.

53/62

Ethics

I follow my moral principles in what I do. I don't compromise on what I believe is right.

54/62

Fame

I want to be recognized and known by many people. I don't want to go unnoticed.

55/62

Influence

I influence how others think and act. I don't want to feel powerless.

56/62

Justice

I stand for fairness and justice. I don’t accept unfair treatment.

57 / 62

Popularity

Being liked by others matters to me. I don’t want to feel disliked or rejected.

58 / 62

Reputation

I care about how I am perceived by others. I don’t want to be seen in a negative way.

59 / 62

Respect

I want to be treated with respect. I don’t want to be treated as less than others.

60 / 62

Success

I achieve the goals I set for myself. I don’t want to fall short of them.

61 / 62

Wealth

I build wealth and increase my financial resources. I don’t want to settle for just enough.

62 / 62