



MINDWHATMATTERS

PERSONAL VALUES

Card Sort

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IMPORTANT TO ME



MINDWHATMATTERS

**NOT IMPORTANT
TO ME**



MINDWHATMATTERS

**VERY IMPORTANT
TO ME**



MINDWHATMATTERS

ACCEPTANCE

To be accepted as I am

1



ACCURACY

To be accurate in my opinions
and beliefs

2



ACHIEVEMENT

To have important
accomplishments

3



MINDWHATMATTERS

ADVENTURE

To have new and exciting
experiences

4



ATTRACTIVENESS

To be physically attractive

5



AUTHORITY

To be in charge of and
responsible for others

6



AUTONOMY

To be self-determined and
independent

7



BEAUTY

To appreciate beauty around me

8



CARING

To take care of others

CHALLENGE

To take on difficult tasks and
problems

10



CHANGE

To have a life full of change and
variety

11



COMFORT

To have a pleasant and comfortable life

12



COMMITMENT

To make enduring, meaningful
commitments

13



COMPASSION

To feel and act on concern for
others

14



CONTRIBUTION

To make a lasting contribution
in the world

15



COOPERATION

To work collaboratively with
others

16



COURTESY

To be considerate and polite
toward others

17



CREATIVITY

To have new and original ideas

18



DEPENDABILITY

To be reliable and trustworthy

19



DUTY

To carry out my duties and obligations

20



ECOLOGY

To live in harmony with the
environment

21



EXCITEMENT

To have a life full of thrills and stimulation

22



FAITHFULNESS

To be loyal and true in
relationships

23



FAME

To be known and recognised

24



FAMILY

To have a happy loving family

25



FITNESS

To be physically fit and strong

26



FLEXIBILITY

To adjust to new circumstances
easily

27



FORGIVENESS

To be forgiving of others

28



FRIENDSHIP

To have close supportive
friends

29



FUN

To play and have fun

30



GENEROSITY

To give what I have to others

31



GENUINENESS

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

32



GOD'S WILL

To seek and obey the will of
God

33



GROWTH

To keep changing and growing

34



HEALTH

To be physically well and
healthy

35



HELPFULNESS

To be helpful to others

36



HONESTY

To be honest and truthful

37



HOPE

To maintain a positive and
optimistic outlook

38



HUMILITY

To be modest and unassuming

39



HUMOUR

To see the humorous side of
myself and the world

40



INDEPENDENCE

To be free from dependence of
others

41



INDUSTRY

To work hard and well at my life
tasks

42



INNER PEACE

To experience personal peace

43



INTIMACY

To share my innermost experiences with others

JUSTICE

To promote fair and equal
treatment for all

45



KNOWLEDGE

To learn and contribute valuable
knowledge

46



LEISURE

To take time to relax and enjoy

47



LOVED

To be loved by those close to
me

48



LOVING

To give love to others

49



MASTERY

To be competent in my
everyday activities

50



MINDFULNESS

To live conscious and mindful of
the present moment

51



MODERATION

To avoid excesses and find a
middle ground

52



MONOGAMY

To have one close, loving
relationship

53



NON-CONFORMITY

To question and challenge
authority and norms

54



NURTURANCE

To take care of and nurture
others

55



ORDER

To have a life that is well-ordered and organised

57



OPENNESS

To be open to new experiences,
ideas, and options

56



PASSION

To have deep feelings about ideas, activities, or people

58



PLEASURE

To feel good

59



MINDWHATMATTERS

POPULARITY

To be well-liked by many
people

60



POWER

To have control over others

61



PURPOSE

To have meaning and direction
in my life

62



RATIONALITY

To be guided by reason and
logic

63



REALISM

To see and act realistically and
practically

64



RESPONSIBILITY

To make and carry out
responsible decisions

65



RISK

To take risks and chances

66



ROMANCE

To have intense, exciting love in
my life

67



SAFETY

To be safe and secure

69



SELF-ACCEPTANCE

To accept myself as I am

68



SELF-CONTROL

To be disciplined in my own
actions

70



SELF-ESTEEM

To feel good about myself

71



SELF-KNOWLEDGE

To have a deep and honest
understanding of myself

72



MINDWHATMATTERS

SERVICE

To be of service to others

73



SEXUALITY

To have an active and satisfying
sex life

74



SIMPLICITY

To live life simply, with minimal
needs

75



SOLITUDE

To have time and space where I
can be apart from others

76



SPIRITUALITY

To grow and mature spiritually

77



STABILITY

To have a life that stays fairly
consistent

78



TOLERANCE

To accept and respect those
who differ from me

79



TRADITION

To follow respected patterns of
the past

80



VIRTUE

To live a morally pure and
excellent life

81



WEALTH

To have plenty of money

82



WORLD PEACE

To work to promote peace in
the world

83



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