**A Quick Look at Your Values**

Values are your heart’s deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis; how you want to treat yourself, others, the world around you. There are literally hundreds of different values, but below you’ll find a list of the most common ones. Probably, not all of them will be relevant to you. Keep in mind there are no such things as ‘right values’ or ‘wrong values’. It’s a bit like our taste in pizzas. If you prefer ham and pineapple but I prefer salami and olives, that doesn’t mean that my taste in pizzas is right and yours is wrong. It just means we have different tastes. And similarly, we may have different values.

**Values sort instructions:**

Step 1: Go through the attached list and identify if a value is: Very Important (V), Quite Important (Q), Not so Important (N)

Step 2: Delete all not important values (N)

Step 3: Remove values until list is cut in half

Step 4: Repeat step 3 until there are 7 values left

Step 5: Rank 7 values in order of current level of current importance

Step 6: Identify connections between values/reflect on completion of values sort

Step 7: Lastly, try to rank your top 2 or 3 core values. If you struggle to rank these values, you could use what Dr. Brene Brown refers to as the “laddering technique” where some values fit within other values or you contextualize situations through one overarching value and other values are secondary or tertiary.

**This is list of all 60+ values. See a list of these words defined below if that is helpful. If you prefer to do a shorter version of this values short witih 40 values online as a different visual, visit** [**https://meetingpointcounseling.com/tools/ACT-card-sort/**](https://meetingpointcounseling.com/tools/ACT-card-sort/)**.**

1. Acceptance
2. Adventure
3. Assertiveness
4. Authenticity
5. Beauty
6. Caring
7. Challenge
8. Compassion
9. Connection
10. Contribution
11. Conformity
12. Cooperation
13. Courage
14. Creativity
15. Curiosity
16. Encouragement
17. Equality
18. Equanimity
19. Excitement
20. Fairness
21. Family
22. Fitness
23. Freedom
24. Flexibility
25. Friendliness
26. Forgiveness
27. Fun
28. Generosity
29. Gratitude
30. Honesty
31. Humor
32. Humility
33. Industry
34. Independence
35. Intelligence
36. Intimacy
37. Justice
38. Kindness
39. Love
40. Mindfulness
41. Order
42. Open-mindedness
43. Patience
44. Persistence
45. Pleasure
46. Power
47. Reciprocity
48. Respect
49. Responsibility
50. Romance
51. Safety
52. Self-awareness
53. Self-care
54. Self-development
55. Sensuality
56. Self-control
57. Sexuality
58. Spirituality
59. Skillfulness
60. Supportiveness
61. Trust
62. Insert your own unlisted value here:

**Values list with explanation or definition:**

1. Acceptance: to be open to and accepting of myself, others, life etc

2. Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences

3. Assertiveness: to respectfully stand up for my rights and request what I want

4. Authenticity: to be authentic, genuine, real; to be true to myself

5. Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the

environment etc

6. Caring: to be caring towards myself, others, the environment etc

7. Challenge: to keep challenging myself to grow, learn, improve

8. Compassion: to act with kindness towards those who are suffering

9. Connection: to engage fully in whatever I am doing, and be fully present with others

10. Contribution: to contribute, help, assist, or make a positive difference to myself or others

11. Conformity: to be respectful and obedient of rules and obligations

12. Cooperation: to be cooperative and collaborative with others

13. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty

14. Creativity: to be creative or innovative

15. Curiosity: to be curious, open-minded and interested; to explore and discover

16. Encouragement: to encourage and reward behaviour that I value in myself or others

17. Equality: to treat others as equal to myself, and vice-versa

18. Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling

19. Fairness: to be fair to myself or others

20. Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing

21. Flexibility: to adjust and adapt readily to changing circumstances

22. Freedom: to live freely; to choose how I live and behave, or help others do likewise

23. Friendliness: to be friendly, companionable, or agreeable towards others

24. Forgiveness: to be forgiving towards myself or others

25. Fun: to be fun-loving; to seek, create, and engage in fun-filled activities

26. Generosity: to be generous, sharing and giving, to myself or others

27. Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life

28. Honesty: to be honest, truthful, and sincere with myself and others

29. Humour: to see and appreciate the humorous side of life

30. Humility: to be humble or modest; to let my achievements speak for themselves

31. Industry: to be industrious, hard-working, dedicated

32. Independence: to be self-supportive, and choose my own way of doing things

33. Intimacy: to open up, reveal, and share myself -- emotionally or physically – in my close personal relationships

34. Justice: to uphold justice and fairness

35. Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others

36. Love: to act lovingly or affectionately towards myself or others

37. Mindfulness: to be conscious of, open to, and curious about my here-and-now experience

38. Order: to be orderly and organized

39. Open-mindedness: to think things through, see things from other’s points of view, and weigh evidence fairly.

40. Patience: to wait calmly for what I want

41. Persistence: to continue resolutely, despite problems or difficulties.

42. Pleasure: to create and give pleasure to myself or others

43. Power: to strongly influence or wield authority over others, e.g. taking charge,

leading, organizing

44. Reciprocity: to build relationships in which there is a fair balance of giving and taking

45. Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard

46. Responsibility: to be responsible and accountable for my actions

47. Romance: to be romantic; to display and express love or strong affection

48. Safety: to secure, protect, or ensure safety of myself or others

49. Self-awareness: to be aware of my own thoughts, feelings and actions

50. Self-care: to look after my health and wellbeing, and get my needs met

51. Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.

52. Self-control: to act in accordance with my own ideals

53. Sensuality: to create, explore and enjoy experiences that stimulate the five senses

54. Sexuality: to explore or express my sexuality

55. Spirituality: to connect with things bigger than myself

56. Skilfulness: to continually practice and improve my skills, and apply myself fully when using them

57. Supportiveness: to be supportive, helpful, encouraging, and available to myself or others

58. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable

59. Insert your own unlisted value here:

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Once you’ve marked each value as V, Q, N (Very, Quite, or Not so important), go through all the Vs, and select out the top three that are most important to you in this domain of life, at this point in time. The next step is to start looking at ways to live these values, in this area of life; things you an say and do, guided by these values.