ACCEPTANCE

to be accepted as I am





ACCURACY

to be accurate in my opinions and beliefs





ACHIEVENENT

to have important accomplishments





ADVENTURE

to have new and exciting experiences





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ATTRACTIVENESS

to be physically attractive





AUTHORITY

to be in charge of and responsible for others





AUTONOMY

to be self-determined and independent





BEAUTY

to appreciate beauty around me





CARING

to take care of others







CHALLENGE

to take on difficult tasks and problems





CHANGE

to have a life full of change and variety





COMFORT

to have a pleasant and comfortable life





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 toward others





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CREATIVITY

to have new and original ideas







DEPENDABILITY

to be reliable and trustworthy







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





RAME

to be known and recognized







FAMILY

to have a happy, loving family





FITNESS

to be physically fit and strong







RICIBILITY

to adjust to new circumstances easily





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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





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GOD'S WILL

to seek and obey the will of God





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GROWTH

to keep changing and growing





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to be physically well and healthy





HELPFULNESS

to be helpful to others





HONESTY

to be honest and truthful





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HOPE

to maintain a positive and optimistic outlook





to be modest and unassuming





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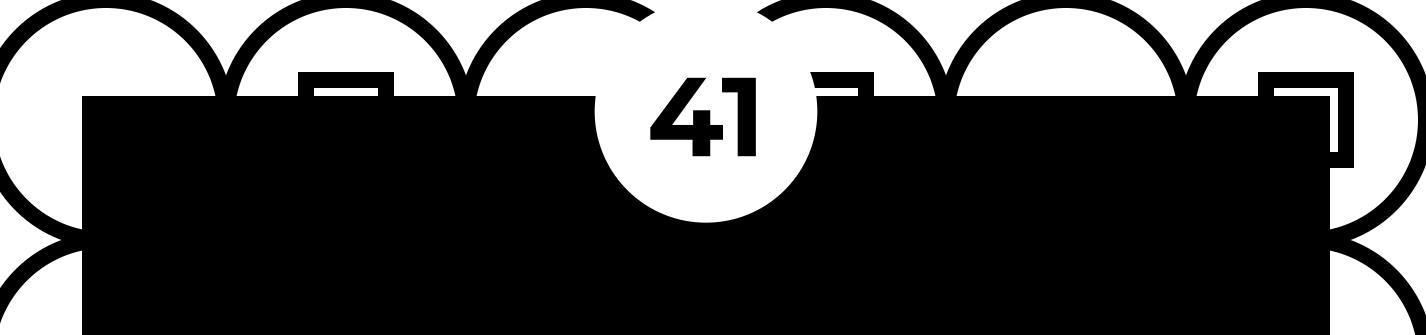


HUMOR

to see the humorous side of myself and the world







INDEPENDENCE

to be free from dependence on others





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INDUSTRY

to work hard and well at my life tasks





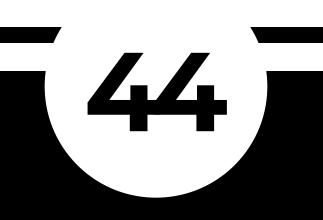
INNER PEACE

to experience personal peace





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INTIMACY

to share my innermost experiences with others





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JUSTICE

to promote fair and equal treatment for all





KNOWLEDGE

to learn and contribute valuable knowledge







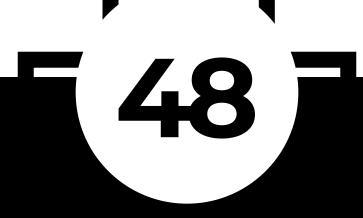
LEISURE

to take time to relax and enjoy





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LOVED

to be loved by those close to me





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to give love to others







MASTERY

to be competent in my everyday activities







MINDRULNESS

to live conscious and mindful of the present moment







MODERATION

to avoid excesses and find a middle ground







MONOGAMY

to have one close, loving relationship





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NON-CONFORMITY

to question and challenge authority and norms





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NURTURANCE

to take care of and nurture others





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OPENNESS

to be open to new experiences, ideas, and options





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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





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POPULARITY

to be well-liked by many people





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POWER

to have control over others







PURPOSE

to have meaning and direction in my life







RATIONALITY

to be guided by reason and logic





REALISM

to see and act realistically and practically





RESPONSIBILITY

to make and carry out responsible decision





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RISK

to take risks and chances





ROMANCE

to have intense, exciting love in my life





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SELF-ACCEPTANCE

to accept myself as I am







SAFETY

to be safe and secure





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SELF-CONTROL

to be disciplined in my own actions





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to feel good about myself







SELF-KNOWLEDGE

to have a deep and honest understanding of myself





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SERVICE

to be of service to others





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SEXUALITY

to have an active and satisfying sex life







SIMPLICITY

to live life simply, with minimal needs







SOLITUDE

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







SPIRITUALITY

to grow and mature spiritually







STABILITY

to have a life that stays fairly consistent





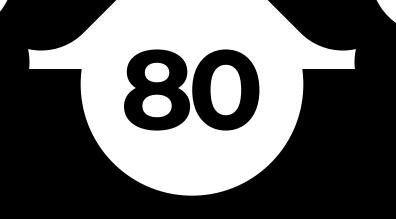


TOLERANCE

to accept and respect those who differ from me







TRADITION

to follow respected patterns of the past





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VIRTUE

to live a morally pure and excellent life





WEALTH

to have plenty of money





Adapted from Personal Values Card Sort by W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne. University of New Mexico, 2001

WORLD PEACE

to work to promote peace in the world



