

1

# ACCEPTANCE

to be accepted as I am



Follow me  
for more content

2

# ACCURACY

to be accurate in my opinions and beliefs



Follow me  
for more content

3

# ACHIEVEMENT

to have important accomplishments



Follow me  
for more content

4

# ADVENTURE

to have new and exciting experiences



Follow me  
for more content

5

# ATTRACTIVENESS

to be physically attractive



Follow me  
for more content

6

# AUTHORITY

to be in charge of and responsible  
for others



Follow me  
for more content

7

# AUTONOMY

to be self-determined and independent



Follow me  
for more content

8

# BEAUTY

to appreciate beauty around me



Follow me  
for more content

9

# CARING

to take care of others



Follow me  
for more content

10

# CHALLENGE

to take on difficult tasks and problems



Follow me  
for more content

11

# CHANGE

to have a life full of change and variety



Follow me  
for more content

12

# COMFORT

to have a pleasant and comfortable life



Follow me  
for more content

13

# COMMITMENT

to make enduring, meaningful  
commitments



Follow me  
for more content

14

# COMPASSION

to feel and act on concern for others



Follow me  
for more content

15

# CONTRIBUTION

to make a lasting contribution  
in the world



Follow me  
for more content

16

# COOPERATION

to work collaboratively with others



Follow me  
for more content

17

# COURTESY

to be considerate and polite  
toward others



Follow me  
for more content

18

# CREATIVITY

to have new and original ideas



Follow me  
for more content

19

# DEPENDABILITY

to be reliable and trustworthy



Follow me  
for more content

20

# DUTY

to carry out my duties and obligations



Follow me  
for more content

21

# ECOLOGY

to live in harmony with the environment



Follow me  
for more content

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

22

# EXCITEMENT

to have a life full of thrills and stimulation



Follow me  
for more content

23

# FAITHFULNESS

to be loyal and true in relationships



Follow me  
for more content

24

# FAME

to be known and recognized



Follow me  
for more content

25

# FAMILY

to have a happy, loving family



Follow me  
for more content

26

# FITNESS

to be physically fit and strong



Follow me  
for more content

27

# FLEXIBILITY

to adjust to new circumstances easily



Follow me  
for more content

28

# FORGIVENESS

to be forgiving of others



Follow me  
for more content

29

# FRIENDSHIP

to have close, supportive friends



Follow me  
for more content

30

FUN

to play and have fun



Follow me  
for more content

31

# GENEROSITY

to give what I have to others



Follow me  
for more content

32

# GENUINENESS

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



Follow me  
for more content

33

# GOD'S WILL

to seek and obey the will of God



Follow me  
for more content

34

# GROWTH

to keep changing and growing



Follow me  
for more content

35

# HEALTH

to be physically well and healthy



Follow me  
for more content

36

# HELPFULNESS

to be helpful to others



Follow me  
for more content

37

# HONESTY

to be honest and truthful



Follow me  
for more content

38

# HOPE

to maintain a positive and  
optimistic outlook



Follow me  
for more content

39

# HUMILITY

to be modest and unassuming



Follow me  
for more content

40

# HUMOR

to see the humorous side of  
myself and the world



Follow me  
for more content

41

# INDEPENDENCE

to be free from dependence on others



Follow me  
for more content

42

# INDUSTRY

to work hard and well at my life tasks



Follow me  
for more content

43

# INNER PEACE

to experience personal peace



Follow me  
for more content

44

# INTIMACY

to share my innermost experiences  
with others



Follow me  
for more content

45

# JUSTICE

to promote fair and equal treatment for all



Follow me  
for more content

46

# KNOWLEDGE

to learn and contribute valuable  
knowledge



Follow me  
for more content

47

# LEISURE

to take time to relax and enjoy



Follow me  
for more content

48

# LOVED

to be loved by those close to me



Follow me  
for more content

49

# LOVING

to give love to others



Follow me  
for more content

50

# MASTERY

to be competent in my everyday activities



Follow me  
for more content

51

# MINDFULNESS

to live conscious and mindful  
of the present moment



Follow me  
for more content

52

# MODERATION

to avoid excesses and find a  
middle ground



Follow me  
for more content

53

# MONOGAMY

to have one close, loving relationship



Follow me  
for more content

54

# NON-CONFORMITY

to question and challenge authority  
and norms



Follow me  
for more content

55

# NURTURANCE

to take care of and nurture others



Follow me  
for more content

56

# OPENNESS

to be open to new experiences,  
ideas, and options



Follow me  
for more content

57

# ORDER

to have a life that is well-ordered  
and organized



Follow me  
for more content

58

# PASSION

to have deep feelings about ideas,  
activities, or people



Follow me  
for more content

59

# PLEASURE

to feel good



Follow me  
for more content

60

# POPULARITY

to be well-liked by many people



Follow me  
for more content

61

# POWER

to have control over others



Follow me  
for more content

62

# PURPOSE

to have meaning and direction in my life



Follow me  
for more content

63

# RATIONALITY

to be guided by reason and logic



Follow me  
for more content

64

# REALISM

to see and act realistically  
and practically



Follow me  
for more content

65

# RESPONSIBILITY

to make and carry out  
responsible decision



Follow me  
for more content

66

# RISK

to take risks and chances



Follow me  
for more content

67

# ROMANCE

to have intense, exciting  
love in my life



Follow me  
for more content

68

# SELF-ACCEPTANCE

to accept myself as I am



Follow me  
for more content

69

# SAFETY

to be safe and secure



Follow me  
for more content

70

# SELF-CONTROL

to be disciplined in my own actions



Follow me  
for more content

71

# SELF-ESTEEM

to feel good about myself



Follow me  
for more content

72

# SELF-KNOWLEDGE

to have a deep and honest understanding  
of myself



Follow me  
for more content

73

# SERVICE

to be of service to others



Follow me  
for more content

74

# SEXUALITY

to have an active and satisfying sex life



Follow me  
for more content

75

# SIMPLICITY

to live life simply, with minimal needs



Follow me  
for more content

76

# SOLITUDE

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



Follow me  
for more content

77

# SPIRITUALITY

to grow and mature spiritually



Follow me  
for more content

78

# STABILITY

to have a life that stays fairly consistent



Follow me  
for more content

79

# TOLERANCE

to accept and respect those who  
differ from me



Follow me  
for more content

80

# TRADITION

to follow respected patterns of the past



Follow me  
for more content

81

# VIRTUE

to live a morally pure and excellent life



Follow me  
for more content

82

# WEALTH

to have plenty of money



Follow me  
for more content

83

# WORLD PEACE

to work to promote peace in the world



Follow me  
for more content