

## PERSONAL VALUES

(modified from sort card-W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne, University of New Mexico, 2001)

<https://celebratingyourjourney.com>

Review the list of 83+ values below. Choose your top ten values (scoring 1 lowest to 10 highest) next to the values chosen.

### ACCEPTANCE

to be accepted as I am

### ACCURACY

To be accurate in my opinions and beliefs

### ACHIEVEMENTS

to have important accomplishments

### ADVENTURE

to have new and exciting experiences

### 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

### CREATIVITY

to have new and original ideas

### DEPENDABILITY

to be reliable and trustworthy

### DUTY

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

### FAME

to be known and recognized

### FAMILY

to have a happy, loving family

### FITNESS

to be physically fit and strong

### FLEXIBILITY

to adjust to new circumstances easily

### 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

### GOD'S WILL

to seek and obey the will of God

### GROWTH

to keep changing and growing

### HEALTH

to be physically well and healthy

### HELPFULNESS

to be helpful to others

### HONESTY

to be honest and truthful

### HOPE

to maintain a positive and optimistic outlook

### HUMILITY

to be modest and unassuming

### HUMOR

to see the humorous side of myself and the world

### INDEPENDENCE

to be free from dependence on others

### INDUSTRY

to work hard and well at my life tasks

### INNER PEACE

to experience personal peace

### INTIMACY

to share my innermost experiences with others

**JUSTICE**  
 to promote fair and equal treatment for all  
**KNOWLEDGE**  
 to learn and contribute valuable knowledge  
**LEISURE**  
 to take time to relax and enjoy  
**LOVED**  
 to be loved by those close to me  
**LOVING**  
 to give love to oth49 9/01  
**MASTERY**  
 to be competent in my everyday activities  
**MINDFULNESS**  
 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  
**NON-CONFORMITY**  
 to question and challenge authority and norms  
**NURTURANCE**  
 to take care of and nurture others  
**OPENNESS**  
 to be open to new experiences, ideas, and options  
**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  
**POPULARITY**  
 to be well-liked by many people  
**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 decisions  
**RISK**  
 to take risks and chances  
**ROMANCE**  
 to have intense, exciting love in my life

**SAFETY**  
 to be safe and secure  
**SELF-ACCEPTANCE**  
 to accept myself as I am  
**SELF-CONTROL**  
 to be disciplined in my own actions  
**SELF-ESTEEM**  
 to feel good about myself  
**SELF-KNOWLEDGE**  
 to have a deep and honest understanding of myself  
**SERVICE**  
 to be of service to others  
**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  
**VIRTUE**  
 to live a morally pure and excellent life  
**WEALTH**  
 to have plenty of money  
**WORLD PEACE**  
 to work to promote peace in the world

Other Values:

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