



# Personal Values Card Sort

## PREPARATION

To start this activity you may print out the value sheets, use a separate piece of paper, or use your phone/tablet to write down your list of values. Place or create three header cards labeled “Very Important to me”, “Important to me” and “Not Important to me”. Cut out or read the value cards and follow the instructions below.

**Step 1:** Look at each value and place it under the label card that best describes how important this value is to you. Don’t spend too long agonising! There are 40 cards to get through, so go with your gut feeling. You will have a chance to review the list later. If any important values are missing, use the blank cards to create a new value card. Make sure that you choose values that are actually yours and not ones that you think you “should” include.

**Step 2:** Now focus only on the value cards under the “very important to me” heading. You probably have quite a few in this pile. Your task is to pick out your top five cards i.e., the values that are most important to you. Think of these as your non-negotiables. I know it is hard to boil down all your important values into the top 5, but it is important for this activity that you identify the ones that mean the most to you. Please do not move forward with Step 3 until you are able to identify your top 5. If you need help with this, you can save this activity for our therapy session together.

**Step 3:** Next prioritize the five value cards placing the most important value at the top and work your way down. Write your prioritised five values on the values worksheet on page 2.

**Step 4:** On the values worksheet, rate how satisfied you are currently (0 to10) with your life in relation to each of these values. For examples, if one of your values is family and you are very satisfied with how well you act in line with this value, you might give it a satisfaction rating of 9.

**Step 5:** Answer the reflections questions on the values worksheet.

## EXAMPLE CARD SORT

<u>VERY</u> IMPORTANT TO ME	IMPORTANT TO ME	<u>NOT</u> IMPORTANT TO ME
Value	Value	Value
Value	Value	Value
Value		Value
		Value

# Value Worksheet

## PRIORITISED VALUES LIST

Give each value a score of 0-10. (0 = not at all satisfied, 10 = extremely satisfied)

Value	Score
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

## REFLECTIONS

1: Am I living my life in accordance with my core values?

\_\_\_\_\_  
\_\_\_\_\_

2: If not, which are the values that I would most like to work on?

\_\_\_\_\_  
\_\_\_\_\_

3: What action can I take to live my life in accordance with my core values?

\_\_\_\_\_  
\_\_\_\_\_

4. Do you think there is a difference in your values before or after your diagnosis/injury/disability? Why?

\_\_\_\_\_  
\_\_\_\_\_

5. How do you believe your diagnosis/injury/disability limits you from living a life in accordance with your values?

\_\_\_\_\_  
\_\_\_\_\_

## **PERSISTENCE**

To keep going, even when things get difficult

THE  
MEDICAL  
THERAPIST

## **CONTRIBUTION**

To contribute and give back to the wider world

THE  
MEDICAL  
THERAPIST

## **COMPASSION**

To be caring towards others and compassionate  
to those in my life

THE  
MEDICAL  
THERAPIST

## **FAIRNESS**

To treat others with equality and fairness

THE  
MEDICAL  
THERAPIST

## **GROWTH & LEARNING**

To continue to learn and develop in new areas,  
formally and informally

THE  
MEDICAL  
THERAPIST

## **SAFETY**

To protect and ensure the safety of myself and  
others

THE  
MEDICAL  
THERAPIST

## RESPONSIBILITY

To be responsible and accountable for my actions

THE  
MEDICAL  
THERAPIST

## ASSERTIVENESS

To respectfully stand up for my rights

THE  
MEDICAL  
THERAPIST

## FRIENDLINESS

To be friendly towards others and loyal to my mates

THE  
MEDICAL  
THERAPIST

## FUN

To seek and create fun experiences on a regular basis

THE  
MEDICAL  
THERAPIST

## ACCEPTANCE

To be open to and accepting of myself, others and life

THE  
MEDICAL  
THERAPIST

## HUMILITY

To be modest and let my accomplishments speak for themselves

THE  
MEDICAL  
THERAPIST

## RESPECT

To act with respect and consideration for myself, others and my surrounds

THE  
MEDICAL  
THERAPIST

## CREATIVITY

To express myself, be artistic or innovative

THE  
MEDICAL  
THERAPIST

## ACHIEVEMENT

To strive for and achieve goal

THE  
MEDICAL  
THERAPIST

## HUMOUR

To see, appreciate and share the humorous side of life

THE  
MEDICAL  
THERAPIST

## BEAUTY

To appreciate, create or nurture beauty in myself, others or my surrounds

THE  
MEDICAL  
THERAPIST

## HOPE

To maintain hope and optimism for the future

THE  
MEDICAL  
THERAPIST

## SKILLFULNESS

To practice, improve and apply my skills

THE  
MEDICAL  
THERAPIST

## POWER

To strongly influence, or wield authority over others

THE  
MEDICAL  
THERAPIST

## LEGACY

To leave something of value for those that follow

THE  
MEDICAL  
THERAPIST

## INDEPENDENCE

To have the freedom to make my own way and be responsible for my choices

THE  
MEDICAL  
THERAPIST

## MATERIALISM

To appreciate and acquire material things

THE  
MEDICAL  
THERAPIST

## AUTHENTICITY

To be genuine and true to myself

THE  
MEDICAL  
THERAPIST

## **ADVENTURE**

To actively seek a life full of new or stimulating adventures

THE  
MEDICAL  
THERAPIST

## **GRATITUDE**

To be thankful and appreciative for the good things in my life

THE  
MEDICAL  
THERAPIST

## **SPIRITUALITY**

To connect with things bigger than myself

THE  
MEDICAL  
THERAPIST

## **COURAGE**

To be brave and stand up in the face of fear or difficulty

THE  
MEDICAL  
THERAPIST

## **LOVE**

To love and be loved

THE  
MEDICAL  
THERAPIST

## **RECOGNITION**

To be recognised by others for my accomplishments

THE  
MEDICAL  
THERAPIST

## LEADERSHIP

To lead and be a role model to others

THE  
MEDICAL  
THERAPIST

## CONFORMITY

To respect and follow the rules

THE  
MEDICAL  
THERAPIST

## CONNECTION

To feel connected to people, place and  
community

THE  
MEDICAL  
THERAPIST

## OPEN-MINDEDNESS

To be open to other ideas and perspectives

THE  
MEDICAL  
THERAPIST

## MINDFULNESS

To be open to and aware of my experience of the  
here-and-now

THE  
MEDICAL  
THERAPIST

## HEALTH

To take care of my physical and mental health

THE  
MEDICAL  
THERAPIST



# BALANCE

To maintain balance between work, relationships,  
and play

THE  
MEDICAL  
THERAPIST

*Create your own value name & description*

THE  
MEDICAL  
THERAPIST

*Create your own value name & description*

THE  
MEDICAL  
THERAPIST

*Create your own value name & description*

THE  
MEDICAL  
THERAPIST

*Create your own value name & description*

THE  
MEDICAL  
THERAPIST

*Create your own value name & description*

THE  
MEDICAL  
THERAPIST

**VERY IMPORTANT TO ME**

THE  
MEDICAL  
THERAPIST

---

**IMPORTANT TO ME**

THE  
MEDICAL  
THERAPIST

---

**NOT IMPORTANT TO ME**

THE  
MEDICAL  
THERAPIST