

VALUES
What Matters Most?
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Directions: Quickly sort through the cards and separate them into three piles:

1. **Definitely not something I value**
2. **Might be a value for me**
3. **Something I highly value**

Sort through Group 3 again, combining words into categories that "go together." Settle on 1-6 words to describe your top values.

Independence

I value autonomy, self-reliance, or freedom.

Unity

I value harmony or agreement.

Planning

I value to-do lists or agendas.

Resources

I value money, possessions, or wealth.

Diversity

I value differences.

Control

I value being in charge, directing people or events.

Structure

I value order, schedules, or systems.

Commitment

I value dedication, faithfulness, or loyalty.

Safety

I value being free from danger or risk.

Pleasant Environment

I value surroundings that bring a sense of peace.

Excellence

I value high quality and doing my best.

Fun

I value light-hearted pleasure or a sense of humor.

Courage

I value boldness, fearlessness, or valor.

Simplicity

I value things that are straightforward, easy, or natural.

Teamwork

I value working with others in harmony to achieve a goal.

Loyalty

I value having a strong sense of commitment for what I believe in.

Fitness

I value being in good shape physically.

Balance

I value a stable or steady lifestyle.

Accountability

I value being answerable for my words or actions.

Legacy

*I value making a difference that lasts
beyond my lifetime.*

Gratefulness

I value thankfulness.

Style

I value a sense of design.

Friendships

I value close relationships.

Service

*I value investing my time in
worthy causes.*

Creativity

*I value innovative ways of
thinking or doing.*

Growth

I value life-long learning.

Family

I value those I am related to.

Reputation

*I value having a respected name; being
well thought-of.*

Flexibility

*I value willingness to adapt, or being
able to “go with the flow.”*

Integrity

I value honesty or good character.

Faith

I value trust in God.

Physical Challenges

I value adventure or pushing myself to new levels.

Appearance

I value looking sharp.

Health

I value taking care of myself physically or emotionally.

Learning

I value gaining knowledge or having new experiences.

Achieving Goals

I value ambition or working hard to execute a plan.

Enthusiasm

I value whole-heartedness or passion.

Wisdom

I value common sense or seeing all of life from God's point of view.

Fulfillment

I value living in a way that makes me feel complete.

Being Right

*I value being the person with
the best answer.*

Kindness

*I value being sympathetic,
gentle or benevolent.*

Popularity

*I value being liked by
many people.*

Peace

*I value harmony, serenity,
calm, or quiet.*

Generosity

I value giving.

Perseverance

*I value working diligently,
even when it's difficult.*

Graciousness

*I value showing kindness, courtesy,
or compassion.*

Authenticity

*I value genuineness in myself
and others.*

Purpose

I value living with intentionality.

Trustworthiness

*I value being dependable, principled,
or responsible.*