**Value Sorting**

**Directions:**

1. Quickly go through the list of values and sort them according to how important that value is to you:
	* 1 = Very important
	* 2 = Somewhat important
	* 3 = Not important

*Note: It does not matter if it is something that you currently possess or something that you want to improve on. If it is very important to you, assign it a 1 (very important).*

*Note: Do not sort the values based on what you think someone else would expect of you. This is a personalized activity, and there are no “right” or “wrong” answers.*

1. After sorting the values, cross out the values you marked as a 2 (somewhat important) and a 3 (not important). Look only at the values you marked as a 1 (very important).
2. Choose four values that are most important to you at this moment.

*Note: These values do not necessarily define you for life—what is important to you today may not be the same as what is most important to you six months from now.*

1. Reflect for a moment on why these things are important and what they mean to you.
2. Discuss with your partner your results and what you have learned about yourself.

\_\_\_\_\_ Adventure

\_\_\_\_\_ Approval

\_\_\_\_\_ Arts

\_\_\_\_\_ Challenge

\_\_\_\_\_ Change

\_\_\_\_\_ Clear expectations

\_\_\_\_\_ Comfort

\_\_\_\_\_ Competition

\_\_\_\_\_ Fairness

\_\_\_\_\_ Flair

\_\_\_\_\_ Health

\_\_\_\_\_ Independence

\_\_\_\_\_ Leisure

\_\_\_\_\_ Political activism

\_\_\_\_\_ Power

\_\_\_\_\_ Problem solving

\_\_\_\_\_ Punctuality

\_\_\_\_\_ Reading

\_\_\_\_\_ Routine

\_\_\_\_\_ Safety

\_\_\_\_\_ Self-improvement

\_\_\_\_\_ Service (to others)

\_\_\_\_\_ Simplicity

\_\_\_\_\_ Sincerity

\_\_\_\_\_ Socializing

\_\_\_\_\_ Solitude

\_\_\_\_\_ Trustworthiness

\_\_\_\_\_ Variety

\_\_\_\_\_ Wisdom

\_\_\_\_\_ Working under pressure