

Value Sort Checklist

Use this checklist to reflect on which values matter most to you. Check or circle values that feel important right now.

- **Achievement:** Reaching goals and accomplishing meaningful tasks.
- **Balance:** Maintaining harmony among different parts of life.
- **Collaboration:** Working with others toward shared goals.
- **The Common Good:** Acting for the benefit of society as a whole.
- **Confidence:** Belief in your abilities and self-worth.
- **Creativity:** Using imagination to generate new ideas.
- **Curiosity:** Desire to learn, explore, and ask questions.
- **Diligence:** Careful and persistent effort in tasks.
- **Diversity:** Valuing differences in people and perspectives.
- **Efficiency:** Achieving results with minimal waste of time or resources.
- **Enjoyment:** Finding pleasure and satisfaction in activities.
- **Fairness:** Treating people justly and equally.
- **Faith:** Trust or belief in something greater than oneself.
- **Forgiveness:** Letting go of resentment toward others.
- **Gratitude:** Appreciation for what you have and receive.
- **Growth:** Continual development and improvement.
- **Health & Wellbeing:** Caring for physical and mental health.
- **Helping Others:** Supporting or serving people in need.
- **Honesty:** Being truthful and sincere.
- **Hope:** Optimism about the future.
- **Humility:** Recognizing limitations and valuing others.
- **Independence:** Self-reliance and autonomy.
- **Introspection:** Reflecting on your thoughts and feelings.
- **Kindness:** Being caring, generous, and considerate.
- **Knowledge:** Seeking and valuing understanding and information.
- **Love:** Deep care and connection with others.
- **Loyalty:** Commitment to people or causes.
- **Openness:** Willingness to consider new ideas.
- **Patience:** Staying calm while waiting or facing challenges.
- **Peace:** Inner calm and absence of conflict.

- **Positive Relationships:** Building healthy, supportive connections.
- **Power:** Ability to influence people or situations.
- **Respect:** Valuing others and oneself.
- **Security:** Feeling safe and stable.
- **Trust:** Confidence in the reliability of others.