



Sorting Out Your Values

Values are a key driver in what motivates us to take action. When we are living in a direction that is in line with our values, we tend to feel more successful than when we live apart from our values. Identifying your values is of first importance before you can work to ensure you are living out your values in different domains of your life.

Directions for Individuals: importance for ME

1. List as many values as you choose from the list provided (or others not listed) into 3 categories:
VERY IMPORTANT, IMPORTANT, NOT IMPORTANT
2. Take the values you sorted into the **VERY IMPORTANT** category and organize them into groups with similar values grouped together until you have 5 groups maximum
3. Select one value from each group that best represents the essence of the entire group
4. List out your representative values from your groups (up to 5) to identify your core value system

Directions for Couples: importance for WE & ME

1. Have each person complete the individual values sort individually on their own
2. Come together to compare the results from your values sorting activities
3. Compare and make connections between each person's core value system and list out any observations of similarities or differences you notice between your core values
4. Compare and make connections between each person's individual values lists (e.g. **VERY IMPORTANT, IMPORTANT, NOT IMPORTANT**) to identify and discuss any specific values that you have in common in those categories. Then, list out the ones that were on both of your lists
5. Discuss the similarities and differences of your individual lists and shared values
6. Create a new list of *our core values* where you agree on a maximum of 5 values that represent what you as a couple value (tip: these may or may not be listed already)

Directions for Families: importance for WE

1. Have each member of the family review the list of values individually and consider how important each value is in "our family." (tip: this is not "*How important is this to me?*")
2. Let each person select 10 values that they think are **VERY IMPORTANT** to the family
3. Give each family member a chance to share their lists aloud, taking turns until each person shares the 10 values they chose
4. Have family members put a check mark next to any of their values that show up on any other person's list (tip: if it matches twice, put two checkmarks)
5. Generate a list of any values that came up more than once
6. Have the family agree on up to 5 common values that are important to the family (tip: if there was no agreement between lists, create a list from everyone's top two values, and then do a vote on which ones are most important to the family.)
7. Review the list of common family values and have each person give an example of where they see that value lived out in the family (tip: if this is difficult to do, have everyone imagine what an example of this would be if it were lived out in the future)

List of Common Values

Abundance	Excellence	Power
Acceptance	Expressiveness	Preparation
Accountability	Fairness	Proactive
Achievement	Faith	Professionalism
Advancement	Family	Punctuality
Adventure	Flexibility	Quality
Advocacy	Freedom	Recognition
Ambition	Friendship	Recognition
Appreciation	Fun	Relationships
Autonomy	Generosity	Reliability
Balance	Grace	Resilience
Being	Growth	Resourcefulness
Benevolence	Happiness	Responsibility
Best	Health	Responsiveness
Boldness	Honesty	Risk
Brilliance	Humility	Safety
Calmness	Humor	Security
Caring	Inclusiveness	Self-Control
Challenge	Independence	Selflessness
Charity	Individuality	Service
Cheerfulness	Innovation	Simplicity
Choice	Inspiration	Spirituality
Cleverness	Intelligence	Stability
Collaboration	Intuition	Structure
Commitment	Joy	Success
Community	Kindness	Teamwork
Compassion	Knowledge	Thankfulness
Consistency	Leadership	Thoughtfulness
Contribution	Learning	Time
Cooperation	Love	Tradition
Creativity	Loyalty	Trustworthiness
Credibility	Mindfulness	Understanding
Curiosity	Motivation	Uniqueness
Daring	Openness	Usefulness
Decisiveness	Optimism	Versatility
Dedication	Originality	Vision
Dependability	Passion	Warmth
Development	Peace	Wealth
Diversity	Perfection	Well-Being
Empathy	Performance	Wisdom
Encouragement	Playfulness	Words
Enthusiasm	Popularity	Zeal

Individual Value Sorting Worksheet

Very Important

Important

Not Important

Very Important Values Classifying Worksheet

<u>Group A</u>	<u>Group B</u>	<u>Group C</u>	<u>Group D</u>	<u>Group E</u>

Core Values List:

Value that best represents Group A: _____

Value that best represents Group B: _____

Value that best represents Group C: _____

Value that best represents Group D: _____

Value that best represents Group E: _____

Sum up your core values in a single statement:

Value Sorting Worksheet — FOR COUPLES

Core Individual Values List: Partner 1

Value that best represents Group A: _____

Value that best represents Group B: _____

Value that best represents Group C: _____

Value that best represents Group D: _____

Value that best represents Group E: _____

Core Individual Values List: Partner 2

Value that best represents Group A: _____

Value that best represents Group B: _____

Value that best represents Group C: _____

Value that best represents Group D: _____

Value that best represents Group E: _____

Similarities

Differences

Common Values—For Couples

Common in
Very Important

Common in
Important

Common in
Not Important

Our Core Values List & Ways We Can/Do Live Them Out

Example: HEALTH — we will protect time for each of us to exercise daily, either together or separately

Value Sorting Worksheet — FOR FAMILIES

Family Member's Name: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Value that is very important to our family: _____

Values That Came Up Multiple Times
Among Members of My Family

Our 5 Core Family Values

Our Core Family Values List & Ways We Can/Do Live Them Out

Example: HEALTH — we will protect time for each of us to exercise daily, either together or separately

Family Discussion Questions:

What do you notice or wonder about our core family values?

What will be the biggest challenge to living out our core family values?

How might we help each other overcome the biggest challenge to living out our core family values?

What will be my individual contribution to help us live out our core family values?
