

VALUES

About This Deck

This card deck contains 120 values with their definitions (from Dictionary.com). Use these cards to explore and define personal values or as a group discussion tool. In an academic or vocational setting, use the cards to explore professional values and ethics.

Mind Remake Project 2023

VALUES

About The Author

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Mind Remake Project 2023

VALUES

Exercise: Core Values

Sort through the cards to select your top 10 values. From those, select 3-5 cards that represent your core values.

VALUES

Exercise: Values Sort

Use the category cards to guide your card sort. Sort the cards into different piles to define and explore your personal values.

CATEGORY CARD

**Not (or Least)
Important to Me**

CATEGORY CARD

**Slightly
or Sometimes
Important**

CATEGORY CARD

Important to Me

CATEGORY CARD

**Very (or Most)
Important to Me**

VALUES

Acceptance

favorable reception; approval; favor

VALUES

Accountability

being accountable, liable, or answerable

VALUES

Achievement

attainment or accomplishment

VALUES

Adaptability

the ability to adjust to different conditions or circumstances

VALUES

Adventure

participation in exciting undertakings or enterprises

VALUES

Ambition

the desire for some type of achievement or distinction and the willingness to strive for its attainment

VALUES

Attractiveness

the quality of being pleasing, charming, or alluring, especially in appearance or manner

VALUES

Authenticity

the quality of being authentic; genuineness

VALUES

Autonomy

independence or freedom, as of the will or one's actions

VALUES

Balance

mental steadiness or emotional stability; habit of calm behavior, judgment, etc.

VALUES

Beauty

the quality present in a thing or person that gives intense pleasure or deep satisfaction to the mind

VALUES

Boldness

refusal to be held back by the opinion or judgment of others

VALUES

Calmness

freedom from agitation, excitement, or passion; tranquility; serenity

VALUES

Career

an occupation or profession, especially one requiring special training, followed as one's lifework

VALUES

Cleanliness

the quality, state, or habit of being cleanly, or keeping oneself clean and neat

VALUES

Cleverness

the keen perception and cleverly apt expression of those connections between ideas that awaken amusement

VALUES

Comfort

a state of ease and satisfaction

VALUES

Commitment

the state of being committed; dedication; allegiance

VALUES

Common Sense

sound practical judgment that is independent of specialized knowledge, training, or the like

VALUES

Compassion

deep sympathy for those stricken by misfortune, accompanied by a strong desire to alleviate their suffering

VALUES

Competency

the quality of being competent; adequacy; possession of required skill, knowledge, qualification, or capacity

VALUES

Competition

having a strong desire to compete or to succeed

VALUES

Confidence

belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance

VALUES

Consistency

steadfast adherence to the same principles, course, form, etc.

VALUES

Contentment

comfortable; satisfaction; ease of mind; at peace with one's circumstances

VALUES

Contribution

the doing of good; active goodness or kindness; contributing to the world in some way

VALUES

Courage

the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc.; bravery

VALUES

Creativity

transcending traditional ideas, rules, patterns, and relationships to create new ideas, forms, methods, etc.

VALUES

Credibility

the quality of being believable or worthy of trust

VALUES

Curiosity

the desire to learn or know about anything; inquisitiveness

VALUES

Decisiveness

the characteristic or practice of deciding or acting without hesitation; resoluteness

VALUES

Determination

the quality of being resolute; firmness of purpose or character

VALUES

Diversity

the inclusion of individuals representing more than one national origin, color, religion, sexual orientation, etc.

VALUES

Education

the act or process of acquiring knowledge or skills; developing the powers of reasoning and judgment

VALUES

Efficiency

the ability to accomplish something with the least waste of time and effort; competency in performance

VALUES

Empathy

the identification with or vicarious experiencing of the emotions, thoughts, or attitudes of another

VALUES

Equality

something that is fair and just

VALUES

Fairness

the state, condition, or quality of being fair, or free from bias or injustice; evenhandedness

VALUES

Faith

belief; the obligation and observance of loyalty or fidelity to a person, promise, engagement, etc.

VALUES

Fame

widespread reputation, especially of a favorable character; renown; public eminence

VALUES

family

any group of people closely related by blood or marriage, as parents, children, uncles, aunts, and cousins

VALUES

fitness

good health; vigor; trim; in good shape; robustness

VALUES

flexibility

the ability and willingness to adjust one's thinking or behavior

VALUES

forgiveness

forgiving or being forgiven; disposition or willingness to forgive

VALUES

freedom

being free or at liberty rather than in confinement; the power to determine action without restraint

VALUES

friendship

the state of being a friend; association as friends; a friendly relationship or intimacy

VALUES

fun

something that provides mirth, joy, or amusement; enjoyment or playfulness

VALUES

generosity

readiness or liberality in giving; freedom from meanness or smallness of mind or character

VALUES

gentleness

the quality of being gentle (kindly; amiable)

VALUES

Happiness

good fortune; pleasure; contentment; joy; the quality of being happy

VALUES

Health

soundness of body or mind; freedom from disease or ailment

VALUES

Honesty

truthfulness, sincerity, or frankness; showing uprightness and fairness; not being deceitful

VALUES

Honor

honesty, fairness, or integrity in one's beliefs and actions

VALUES

Hope

the feeling that what is wanted can be had or that events will turn out for the best; to believe or trust

VALUES

Humility

modest opinion or estimate of one's own importance, rank, etc.; not proud or arrogant

VALUES

Humor

a comic, absurd, or incongruous quality causing amusement

VALUES

Idealism

the cherishing or pursuit of high or noble principles, purposes, goals, etc.

VALUES

Imagination

forming mental images or concepts of what is not actually present to the senses; creative thoughts; inventiveness

VALUES

Independence

freedom from the control, influence, support, aid, or the like, of others

VALUES

Innovation

introduction of new things or methods; making changes in anything established

VALUES

Insight

apprehending the true or inner nature of a thing or person, especially through intuitive understanding

VALUES

Integrity

adherence to moral and ethical principles; soundness of moral character; honesty

VALUES

Intellect

capacity for thinking and acquiring knowledge, especially of a high or complex order; mental capacity

VALUES

Justice

the quality of being just; righteousness, equitableness, or moral rightness

VALUES

Kindness

having a good or benevolent nature or disposition; indulgent, considerate, or helpful; humane

VALUES

Knowledge

acquaintance with facts, truths, or principles; familiarity gained by sight, experience, or report

VALUES

Learning

the act or process of acquiring knowledge or skill; knowledge acquired by systematic study

VALUES

Logic

reason or sound judgment; good sense

VALUES

Love

a warm personal attachment to or deep affection for; devotion

VALUES

Loyalty

faithfulness to commitments or obligations; allegiance; devotion

VALUES

Modesty

having or showing a humble estimate of one's merits, importance, etc.; freedom from vanity, boastfulness, etc.

VALUES

Motivation

having a strong desire to act or accomplish something

VALUES

Nature

the elements of the natural world, as mountains, trees, animals, or rivers

VALUES

Objectivity

not influenced by personal feelings, interpretations, or prejudice; based on facts; unbiased

VALUES

Openness

the quality of being receptive to new ideas, opinions, or arguments; open-mindedness; unreserved

VALUES

Optimism

the tendency to look on the more favorable side of events; belief that good ultimately predominates over evil

VALUES

Originality

ability to think or express oneself in an independent and individual manner; creative ability

VALUES

Patience

bearing provocation, annoyance, delay, hardship, pain, etc., with fortitude and calm and without complaint

VALUES

Peace

a state of tranquility or serenity; freedom of the mind from annoyance, distraction, anxiety, an obsession, etc.

VALUES

Perseverance

steady persistence in a course of action, a purpose, etc., especially in spite of difficulties, discouragement, etc.

VALUES

Personal growth

self-improvement or development; improvement of mind, character, etc., through personal efforts

VALUES

Playfulness

being full of play or fun; sportive; frolicsome; pleasantly humorous or jesting

VALUES

Pleasure

enjoyment derived from what is to one's liking; gratification; delight; satisfaction of desires

VALUES

Poise

a dignified, self-confident manner or bearing; composure; grace; self-possession

VALUES

Power

authority; domination; the possession of control or command over people

VALUES

Practicality

pragmatic; of or relating to a practical point of view or practical considerations

VALUES

Productivity

the ability to generate, create, enhance, or bring forth goods and services

VALUES

Recognition

the acknowledgment of achievement, service, merit, etc.; appreciation; respect; approval

VALUES

Reliability

constancy; the ability to be relied on or depended on, as for accuracy, honesty, or achievement

VALUES

Religion

a set of beliefs concerning the nature of the universe, usually involving devotional observances

VALUES

Reputation

favorable repute; good name; the estimation in which a person or thing is held

VALUES

Resourcefulness

ingenuity; capable; the ability to deal skillfully and promptly with new situations, difficulties, etc.

VALUES

Respect

to hold in esteem or honor; favor; a sense of the worth or excellence of a person or a quality or ability

VALUES

Restraint

constraint or reserve in feelings, behavior, etc.; caution; moderation; self-discipline

VALUES

Romance

passion; feelings or demonstrations of love or desire, especially idealized love

VALUES

Security

being protected; freedom from danger, risk, etc.; safety; freedom from care, anxiety, or doubt

VALUES

Self-awareness

having self knowledge;
mindful; alert;
emotionally intelligent;
discerning; perceptive

VALUES

Self-care

attending to one's
physical or mental
health; self-comforting
or self-soothing

VALUES

Self-sufficiency

having confidence in
one's own resources
and abilities; the ability
to supply one's own
needs

VALUES

Selflessness

lack of preoccupation
with one's own desires,
etc., with an
attentiveness to others'
needs; unselfishness

VALUES

Sensitivity

being highly receptive;
the awareness of and
responsiveness to the
feelings of others

VALUES

Service

an act of help or
supplying aids; being of
service to others; being
useful and helpful

VALUES

Simplicity

freedom from deceit or
guile; sincerity;
artlessness; naturalness;
freedom from
complexity

VALUES

Spirituality

relating to sacred things
or matters; devotional;
sacred; relating to the
spirit as the seat of the
moral or religious nature

VALUES

Spontaneity

coming from a natural impulse or tendency; without effort or premeditation; natural and unconstrained

VALUES

Stability

continuance without change; permanence; steadfastness; constancy, as of character or purpose

VALUES

Status

the position of an individual in relation to another or others; prestige; prominence

VALUES

Success

the attainment of wealth, position, honors, or the like; achievement; victory; accomplishment of goals

VALUES

Talent

a special natural ability or aptitude; a capacity for achievement or success; ability

VALUES

Teamwork

cooperative effort on the part of a group of persons acting together in the interests of a common cause

VALUES

Thoughtfulness

anticipating and being attentive to the needs and interests of others; showing careful, thorough reflection

VALUES

Tolerance

freedom from bigotry and from an insistence on conformity; concern for and openness toward differences

VALUES

Toughness

having an indomitable spirit; pluck; grit; tenacity

VALUES

Tradition

heritage; custom; the handing down of statements, beliefs, legends, customs, information, etc.,

VALUES

Transparency

being open; frankness; candidness; having no hidden agendas

VALUES

Trust

to place reliance on or faith in; to have confidence in; to count on; to believe in

VALUES

Trustworthiness

credibility; reliability; being deserving of trust or confidence; dependability

VALUES

Wealth

an abundance or profusion of anything; plentiful amount; a great quantity or store of riches

VALUES

Willpower

control of one's impulses and actions; self-control; resolve; the ability to withstand temptation

VALUES

Wisdom

knowledge of what is true or right coupled with just judgment as to action; sagacity, discernment, or insight

VALUES

Write your own value:

VALUES LIST

Acceptance
Accountability
Achievement
Adaptability
Adventure
Ambition
Attractiveness
Authenticity
Autonomy
Balance
Beauty
Boldness
Calmness
Career
Cleanliness
Cleverness

Comfort
Commitment
Common Sense
Compassion
Competency
Competition
Confidence
Consistency
Contentment
Contribution
Courage
Creativity
Credibility
Curiosity
Decisiveness
Determination

Diversity
Education
Efficiency
Empathy
Equality
Fairness
Faith
Fame
Family
Fidelity
Flexibility
Forgiveness
Freedom
Friendship
Fun
Generosity

Gentleness
Happiness
Health
Honesty
Honor
Hope
Humility
Humor
Idealism
Imagination
Independence
Innovation
Insight
Integrity
Intellect
Justice

VALUES LIST

Kindness
Knowledge
Learning
Logic
Love
Loyalty
Modesty
Motivation
Nature
Objectivity
Openness
Optimism
Originality
Patience
Peace
Perseverance

Personal Growth
Playfulness
Pleasure
Poise
Power
Practicality
Productivity
Recognition
Reliability
Religion
Reputation
Resourcefulness
Respect
Restraint
Romance
Security

Self-awareness
Self-care
Self-sufficiency
Selflessness
Sensitivity
Service
Simplicity
Spirituality
Spontaneity
Stability
Status
Success
Talent
Teamwork
Thoughtfulness
Tolerance

Toughness
Tradition
Transparency
Trust
Trustworthiness
Wealth
Willpower
Wisdom



ADDITIONAL VALUES EXERCISES

Values Journaling

Randomly select a value and journal about why it is or isn't important. If important, write about its role in your life, and how you can live out this value. Alternately, write about your top or core values: Why you selected them, how they developed over the years, times you acted out of accordance, and ways you can live in harmony with your values.

Clinical Supervision Activity

For clinical supervision with individuals or groups, task supervisees to compare their personal values to the ACA Code of Ethics and facilitate a discussion.

Clinical Supervision Activity

Also for academic settings, task individuals (or group members) to compare their core personal values to their top professional values and discuss.

Couples Exercise

With your partner, sort through the cards. Each individual should then list (separately) what they value in the other. Take turns sharing and discussing your lists. Alternately, each individual makes a list of which values (at least 5) are the most important for a successful relationship. Share and discuss, including specific ways you can incorporate the values.

Group Activity

Group members take turns drawing cards and discussing the selected value (including if the dictionary definition is an accurate representation). Alternately, members could share/discuss their core values.

Group Activity: Values in Addiction and Recovery

The facilitator should narrow the selection of cards down ahead of time, keeping only the most relevant values. Group members take turns drawing cards and discussing how the selected value was impacted in active addiction as well as ways they can incorporate the value into their recovery program.