



TURNPAGE
COUNSELLING &
PSYCHOTHERAPY

Values

Sort Worksheet

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Before You Begin

You might be wondering, what is the purpose of sorting and ranking my personal values? Think of this worksheet as a first step or initial dive into clarifying what matters most to you and better understanding your priorities.

As a therapist, this can help me get to know you, building a stronger rapport, and deeper insight into what drives you. On a personal level, completing this sort can help you gain more insight into yourself. It not only shines a light on what is most important to you and least important to you, it also serves as a starting point for further reflection on when, where, and how you are most in alignment with those values.

My recommendation is to go with your gut. Try not to overthink. If you start thinking 'but this value "should" be important to me' or a "good" person would value this...disregard! There is no good or bad to these values. What is important to one person does not need to be important to anyone else. Trust in your own knowledge of yourself. When do you feel most at ease? What is present when you are feeling your best most authentic version of yourself? Think of a time in a job, relationship, etc. where you have felt out of alignment. What was missing?

How to complete the values sort:

- Scan through the list and begin to give a rating to each of the values (M) Most Important, (S) Somewhat Important, (N) Not Important.
- Once you've done the first sort, set it aside for a while and come back later to have a look at it again. Take a look at your Most Important pile and rank them according to level of importance. It's kind of like trying to choose your top ten movies of all time!
- If you have selected more than 10 values that are Most Important, try grouping together values that are similar, and then see if you can select a word from these that resonates with you more than the others.

Values List

This list is by no means an exhaustive list. If there is a value missing from here please feel free to add your own.

Acceptance ()	Dependability ()	Integrity ()	Rationality ()
Accuracy ()	Diligence ()	Intelligence ()	Realism ()
Achievement ()	Duty ()	Intimacy ()	Responsibility ()
Adventure ()	Ecology ()	Justice ()	Risk ()
Art ()	Excitement ()	Knowledge ()	Romance ()
Attractiveness ()	Faithfulness ()	Leadership ()	Safety ()
Authenticity ()	Fame ()	Leisure ()	Self-Acceptance ()
Authority ()	Family ()	Loved ()	Self-Control ()
Autonomy ()	Fitness ()	Loving ()	Self-Esteem ()
Balance ()	Flexibility ()	Mastery ()	Self-Knowledge ()
Beauty ()	Forgiveness ()	Mindfulness ()	Service ()
Belonging ()	Freedom ()	Moderation ()	Sexuality ()
Caring ()	Friendship ()	Modesty ()	Simplicity ()
Challenge ()	Fun ()	Music ()	Solitude ()
Collaboration ()	Generosity ()	Non-Conformity ()	Spirituality ()
Comfort ()	Genuineness ()	Novelty ()	Stability ()
Commitment ()	Gratitude ()	Nurturance ()	Tolerance ()
Communication ()	Growth ()	Openness ()	Tradition ()
Compassion ()	Health ()	Order ()	Virtue ()
Complexity ()	Honesty ()	Passion ()	Wealth ()
Compromise ()	Hope ()	Perserverance ()	_____ ()
Contribution ()	Humility ()	Playfulness ()	_____ ()
Cooperation ()	Humor ()	Power ()	_____ ()
Courage ()	Imagination ()	Practicality ()	_____ ()
Courtesy ()	Independence ()	Protect ()	_____ ()
Creativity ()	Industry ()	Provide ()	_____ ()
Curiosity ()	Inner peace ()	Purpose ()	