

# Values Assessment

## What you will need:

4-5 card decks – one per person in your small group (decks attached, cut out prior to activity)

Cell phone timer

## Step 1:

Hand out the card decks to each person. Ask them not to remove the paperclip until the time begins.

Explain that through this activity, they will be creating three stacks: Very Important, Somewhat Important, and Not Important. As they sort through the value cards, they are to sort each card into one of the three stacks.

As they make their decision for where to place the card, explain that there are definitions on the card if they need help understanding the word. However, if the word has a personal meaning that does not align with the definition on the card, it is more than okay to choose their own definition.

They have **5 minutes** to sort the 64 cards into the 3 stacks. If they finish early, encourage them to look over the categories to make sure they are happy with them. **Ask them not to talk, as this is a silent activity.**

## Step 2:

After they have sorted them into three stacks, tell each person to take the somewhat important and not important stacks and discard them to the side. They will not need them anymore.

They now have **2 minutes** to narrow down their “very important” stack to 10 cards. If they finish early, encourage them to look over the categories to make sure they are happy with them.

## Step 3:

Discard any cards that did not make the top ten.

They now have **1 minute** to choose a top five and *place them in order of importance*. Stress that their highest card is the one that is most important to them.

Go around the group and explain the most important value for each person and why it is so crucial. How does this define them? Has this changed over the years? Do they have any stories that back it up?

<b><u>Social</u></b> Lots of fun, friends, companionship	<b><u>Love</u></b> Personal warm feelings of caring and affection	<b><u>Loyalty</u></b> Faithfulness to another person	<b><u>Health</u></b> Physical and mental well-being	<b><u>Creativity</u></b> Imagination, desire for new ideas	<b><u>Pleasure</u></b> What you enjoy; what delights you	<b><u>Responsible</u></b> Accountability, maturity, ability to respond	<b><u>Helpful</u></b> Outreach to the needs of others
<b><u>Power</u></b> Ability to lead, direct, persuade, control	<b><u>Credit</u></b> To receive special attention; to feel important	<b><u>Sensitivity</u></b> Awareness, responsiveness, approachability	<b><u>Beauty</u></b> Appreciation of loveliness; enjoying art, nature, work	<b><u>Patience</u></b> Bearing pains or trails calmly	<b><u>Wisdom</u></b> Mature understanding of life	<b><u>Religion</u></b> Belief in a supreme Being; a spiritual relationship	<b><u>Honesty</u></b> Fairness, sincerity, truthfulness
<b><u>Worthwhileness</u></b> Acceptance and appreciation as a person	<b><u>Cooperation</u></b> Communication, team effort, working together	<b><u>Professionalism</u></b> Commitment to quality, pride in your work	<b><u>Freedom</u></b> Liberation; independence	<b><u>Dedication</u></b> Passionate belief in something	<b><u>Integrity</u></b> Moral and intellectual honesty	<b><u>Knowledge</u></b> Seeking and learning new insights	<b><u>Morality</u></b> Ethical standards, right and wrong
<b><u>Justice</u></b> Fairness, balance, moral equality	<b><u>Wealth</u></b> Material income, possessions	<b><u>Openness</u></b> Willingness to try new things	<b><u>Security</u></b> Having the essentials you need to live	<b><u>Faith</u></b> Believing in yourself, or higher power	<b><u>Success</u></b> Achieving your goals	<b><u>Advancement</u></b> Growth, professional personal maturity	<b><u>Trustworthy</u></b> Dependability deserving of confidence
<b><u>Adventure</u></b> participation in exciting undertakings	<b><u>Balance</u></b> mental or emotional steadiness	<b><u>Equality</u></b> Being equal in status, rights, and opportunities	<b><u>Change</u></b> A variation	<b><u>Mastery</u></b> Expert skill or knowledge	<b><u>Compassion</u></b> Tender feeling, sympathy	<b><u>Competition</u></b> Rivalry, struggle, opposition	<b><u>Confidence</u></b> Full trust, belief in one's self
<b><u>Conservation</u></b> Prevention of decay or loss	<b><u>Consistency</u></b> Constance abhorrence to principle	<b><u>Courage</u></b> Facing difficulty	<b><u>Encouragement</u></b> To inspire support	<b><u>Flexibility</u></b> Modification or adaptable	<b><u>Forgiveness</u></b> Willingness to forgive	<b><u>Grace</u></b> Favor or good will	<b><u>God's Will</u></b> Omnipotence of a divine being
<b><u>Heroism</u></b> Heroic conduct, courageous action	<b><u>Humor</u></b> Amusing or comical	<b><u>Joy</u></b> State of happiness	<b><u>Money</u></b> Capital or finance	<b><u>Motivation</u></b> The reason for acting in a particular way.	<b><u>Family</u></b> A group of blood relatives	<b><u>Optimism</u></b> Hopefulness and confidence about the future	<b><u>Passion</u></b> Strong and barely controllable emotion
<b><u>Practicality</u></b> acquired through practice or action	<b><u>Reliability</u></b> the quality of being dependable	<b><u>Romance</u></b> excitement and mystery related with love.	<b><u>Service</u></b> action of helping or doing work for someone.	<b><u>Sincerity</u></b> an earnest and sincere feeling	<b><u>Strength</u></b> Physical power and energy	<b><u>Tolerance</u></b> endure continued subjection	<b><u>Tradition</u></b> Continuation of customs or beliefs