



# Values Card Sort

## Fact Sheet

### What are Values?

Values are a complex set of standards that guide our lives and influence how we conduct ourselves in various ways. Our values influence our decisions and our actions. Values also represent the areas that are most important to us. Values could be referred to as the “guiding principles” for how we live our lives.”

We each have different values. What is important to one person, may not be important to another. Sometimes we can easily describe our values, and other times we need to spend time re-evaluating what is important to us.

Think about the things and experiences you enjoy and make them a priority. What do those mean to you? When thinking about these things, think about why it is important to you. Think about how these are reflected in your daily life and activities.

Values should add to your goals in a positive manner and help you reach them.

### What is the Values Card Sort?

The Values Card Sort activity consists of values cards with each card having a different value written on it. To start the activity, you are asked to sort each card into one of three separate piles that represent the importance to the person – Very Important to You, Important to You, and Not Important to You. There is no right or wrong and it is best to go with your gut feeling on each value. After the cards are sorted, focus on the cards in the Very Important to You pile. From that group, select the top five that are the most important of all.

The sorting process creates an opportunity to share important parts of your life with your care team and allows them to better understand you. It makes the relationship stronger and keeps you and your unique life experience at the center of the support your care team provides.

### What can you expect from your care team?

As you work through defining values and the Values Card Sort activity, there are several things you can expect from your care team.

- Connecting your values to your health care goals and concerns.
- More time spent talking about what is important to you in your life outside of medical or behavioral healthcare.
- Exploring activities in your past that brought you joy, that you might consider trying again, or that you hope to try for the first time.
- Supporting you in identifying the people or services in your life, or that you will need in your life, to make sure your values are a priority.
- The opportunity to be able to participate in activities that bring positive emotions and experiences to your daily activities.



# Values Card Sort

The Personal Values Card Sort activity is an easy-to-complete activity that can be done with a variety of populations. The activity consists of a “deck” of values cards with each card representing a different value. An individual is then asked to place (or sort) each card in separate piles that represent the degree of importance to the person. The person is then asked to re-sort to help illuminate priorities.

The links below guide you to both the original deck and the schizophrenia-specific deck that can be printed on cardstock and used in your work with those you serve.

[Values Card Sort](#) (Personal Values formatted for business card stock)

[Values Card Sorting Task for Individuals with Schizophrenia](#)