

NAME _____

DATE _____

My Values Sort

Part 1: Directions

Step 1: Draw a circle around AT LEAST SIX values below that are important to you right now.

Step 2: Of those six values, draw a second circle around the THREE that are VERY important to you right now.

Step 3: Draw a third circle around ONE value that is THE MOST important to you right now.



Authenticity

being myself, being genuine,
knowing who I am



Balance

being intentional about
my time and focus



Connection

building and keeping close
relationships, being there for friends
and family, making new friends



Emotional Health

accepting myself for who I am,
mental health, self-confidence



Gratitude

appreciating the life
and things I have



Hard Work

striving academically, taking steps
toward my future career



Independence

thinking for myself,
making my own decisions



Justice

standing up for
what is right and fair



Kindness

being considerate, helpful, and
caring—to myself and others



Open-Mindedness

willing to consider new ideas,
listen to others, learn and grow



Physical Health

taking care of myself physically,
including sleep, food, and movement



Presence

being present in the moment,
giving people my full attention



Privacy

having boundaries, respecting
others' boundaries, protecting myself



Spirituality

leaning into my faith, spirituality,
and/or enlightenment



Missing something important
to you? Add it here!

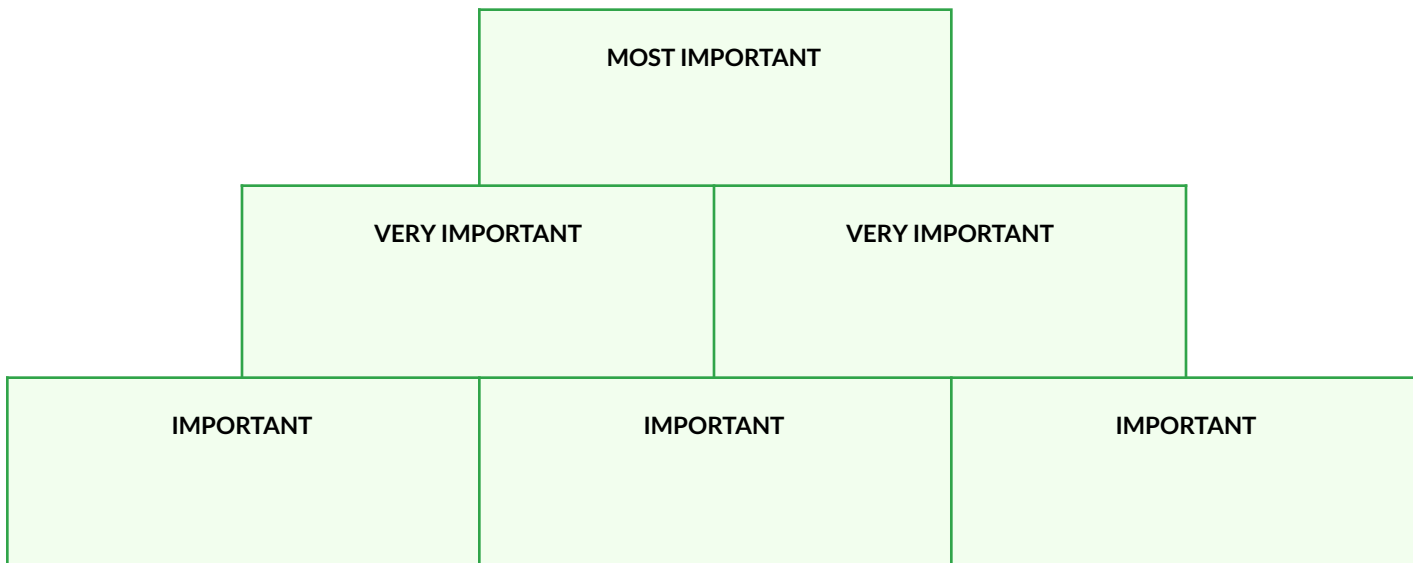
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Part 2: Directions

Fill in the pyramid below based on the values you circled in Part 1. Depending on how many values you circled, you may need to drop values to complete your pyramid.



Part 3: Directions

Some things are made easier by technology, and some things are made harder. Sometimes, it's both. Choose from any of the values in Part 2 to complete the reflections below. (P.S. You can use the same value for both prompts.)

1. I care about the value of _____, but tech can make it **harder** because ...

2. I care about the value of _____, and tech can make it **easier** because ...
