

WHAT MATTERS TO ME

TEEN VALUES SORT

Values are the qualities and directions that matter to you. They are not goals you finish or rules you have to follow. Think of them like a compass: they can help you choose how you want to show up - even when anxiety shows up.

HOW TO DO THE VALUES SORT

- 1 Cut out all of the value cards on pages 2-3.
- 2 Read each card and decide how much that value matters to you.
- 3 Place each card physically in one of the three sorting spaces below. Keep making piles as you work through all the cards.
- 4 There are no right or wrong answers. Choose what is true for you - not what you think you should pick.
- 5 When you are finished, look at your Really Matters to Me pile and choose your Top 5 values.
- 6 Complete the reflection and Putting My Values Into Action page.

REALLY MATTERS TO ME

Place your cut-out cards here.

KIND OF MATTERS TO ME

Place your cut-out cards here.

NOT REALLY ME

Place your cut-out cards here.

TIP: Use the worksheet like a sorting mat. Move the cards around until the piles feel right.

VALUE CARDS - CUT THESE OUT

Cut along the dotted lines. Keep the cards loose so you can physically sort them on page 1.

Adventure Trying new things and having experiences	Authenticity Being real and being myself	Balance Making room for different parts of my life	Belonging Feeling connected and included	Bravery Doing hard things even when I am nervous
Caring Showing people they matter	Challenge Stretching myself and seeing what I can do	Community Being part of something bigger than me	Compassion Treating myself and others with understanding	Connection Building close relationships
Creativity Making, imagining, and expressing	Curiosity Wanting to learn and understand	Dependability Being someone others can count on	Fairness Treating people justly	Family Investing in the people I consider family
Fitness Taking care of physical strength and energy	Freedom Having room to make my own choices	Friendship Being a good friend and building friendships	Fun Laughing, playing, and enjoying life	Generosity Giving time, attention, or resources
Growth Becoming more capable over time	Health Caring for my mind and body	Honesty Telling the truth and being genuine	Humor Finding and creating moments of laughter	Independence Learning to do things for myself

VALUE CARDS - CUT THESE OUT

Cut along the dotted lines. Keep the cards loose so you can physically sort them on page 1.

Kindness Treating people with care	Knowledge Understanding more about the world	Leadership Helping guide or positively influence others	Learning Building new skills and abilities	Loyalty Sticking by people and relationships that matter
Open-mindedness Being willing to consider other perspectives	Persistence Keeping going when something matters	Purpose Doing things that feel meaningful	Respect Treating myself and others with dignity	Responsibility Following through on what is mine to handle
Security Creating stability and safety in my life	Self-acceptance Letting myself be who I am	Self-expression Sharing my ideas, style, feelings, or identity	Service Helping other people	Spirituality Connecting with faith, meaning, or something larger
Success Working toward accomplishments that matter to me	Teamwork Working well with others	Trust Building relationships where people can rely on one another	Understanding Trying to really get people and situations	Justice Standing up for what I believe is right
Nature Spending time with and caring about the natural world	Play Making room to be silly, spontaneous, or playful	Achievement Accomplishing things I work toward	Acceptance Making room for things I cannot completely control	Courage Moving toward what matters despite discomfort

MY TOP 5 VALUES

From your Really Matters to Me pile, choose the five values you most want to use as a compass.

MY TOP 5 VALUES	In the past month, how much of your energy has gone toward living in line with this value?			
	NONE	A LITTLE	MODERATE	A LOT
1.	☐	☐	☐	☐
2.	☐	☐	☐	☐
3.	☐	☐	☐	☐
4.	☐	☐	☐	☐
5.	☐	☐	☐	☐

3 PUTTING MY VALUES INTO ACTION

Choose one or more of your Top 5 values and use the prompts below. The goal is not to feel perfectly confident - it is to move a little more in the direction that matters to you.

MY VALUE	When I am not living this value, I might notice...	What anxiety might say or do to pull me away from this value...	One small action I can take this week to live this value more...
1.			
2.			
3.			
4.			
5.			

Anxiety can come too. It just does not get to drive.
My values show me the way.