

Map your personal values

Forty cards, plus blanks if you need a word of your own. Print, cut, then rank what actually matters.

Print and cut

1. Print all four pages single-sided on A4 (or US Letter).
2. Cut along the seams between the cards.

Sort

1. Spread the cards out. Make a first-pass yes pile of anything that pulls you. Do not think too hard.
2. Cut the yes pile to 10. If two feel equal, ask: if I could only keep one this week, which?
3. Rank those 10. Put your top 5 in order. The hard choices are the point.
4. Missing something important? Use the blank cards to add your own. There are no wrong values.

What the colours mean

 Openness to change

 Conservation

 Self-enhancement

 Self-transcendence

Same 40 cards as Week 1 in the app. Do the sort digitally to save your ranked list on your hub.
app.strengthswire.com

Print. Cut along the seams between cards. Sort into a top 10, then put your top 5 in order.

 Acceptance To let people be who they are, without trying to change them.	 Adventure To go looking for new places and bold experiences.	 Ambition To aim high and keep working toward a bigger future.	 Belonging To be part of a group where I am known and welcome.
 Challenge To take on hard things that stretch what I can do.	 Comfort To make space for rest, ease and simple pleasures.	 Compassion To notice when anyone is hurting and step in with care.	 Craftsmanship To do every job properly and take pride in the finish.
 Creativity To make new things and try ideas nobody else has.	 Curiosity To keep asking questions and finding out how things work.	 Duty To honour my obligations and see every task through.	 Fairness To make sure everyone gets a fair go and a fair share.
 Faith To live by my beliefs and let them steady me in hard times.	 Family To put the people closest to me at the centre of my life.	 Freedom To live and work on my own terms, not someone else's.	 Fun To make room for play and enjoy myself along the way.
 Harmony To keep things smooth and friendly with the people around me.	 Health To care for my body and energy so I can live fully.	 Honesty To tell the truth and speak plainly, even when it is hard.	 Humility To do good work quietly, without talking myself up.

Print. Cut along the seams between cards. Sort into a top 10, then put your top 5 in order.

 Humour To see the funny side of life and share a laugh often.	 Independence To stand on my own two feet and sort things out myself.	 Kindness To be warm and helpful to the people I meet each day.	 Leadership To step up, take charge and bring others along with me.
 Learning To keep growing my skills and knowledge all my life.	 Loyalty To stand by my people in good times and rough ones.	 Nature To spend time outdoors and care for the natural world.	 Open-mindedness To listen to different views and let them teach me.
 Order To keep my world planned, tidy and running smoothly.	 Peace To help build a calm, safe world for everyone.	 Recognition To have my efforts noticed and my name respected.	 Reliability To do what I said I would do, every single time.
 Respect To treat people with courtesy and good manners.	 Security To keep the bills paid, the door locked and tomorrow safe.	 Spontaneity To act on the spur of the moment and follow the day.	 Stability To build a steady life with routines I can trust.
 Success To set clear goals and reach them, again and again.	 Tradition To keep the customs and stories of my culture alive.	 Variety To keep change in my days so life never feels stale.	 Wealth To build money and resources that give me choices.
