

# Values Card Sort Activity Motivational Interviewing

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### Values Card Sort Activity Motivational

#### **VERY IMPORTANT TO ME NOT IMPORTANT TO ME ...**

PERSONAL VALUES PERSONAL VALUES Card Sort Card Sort WR Miller, J C' de Baca, DB Matthews, PL Wilbourne University of New Mexico, 2001  
IMPORTANT TO ME VERY IMPORTANT TO ME NOT IMPORTANT TO ME ACCEPTANCE to be accepted as I am 1 9/01 ACCURACY to be accurate in my opinions and beliefs 2

#### **Personal Values - the Urban Indian Health Institute**

Personal Values Card Sort Activity Directions (Miller & Rollnick, 2013) These cards each contain words describing values that are important to some people In this activity, you will sort these cards into five different piles depending on how important each one is to you For example: some values may not be

#### **Not Important to Me Somewhat Important to Me Important to ...**

Personal Values Card Sort William R Miller Janet C' de Baca University of New Mexico, 2011 Designed for Avery 5371 Business Card Template The Personal Values Card Sort is in the public domain and may be copied or adapted without further permission Not Important to Me Somewhat Important to Me Important to Me Very Important to Me

#### **Personal Values Card Sort - Motivational interviewing**

Personal Values Card Sort 1 Place anchor cards (Very Important, Important, Not Important) in front of the participant 2 Keeping blank cards separate, hand client the value cards 3 Instruct the participant to sort the cards using the following script: "I placed three title cards in front of

you—Very important, Important, Not important

### **Personal Values Card Sort - Motivational interviewing**

Personal Values Card Sort 1 Place five anchor cards in order from 1-5 in front of the participant (Least important should be on the left; Most important on the right) 2 Shuffle the 50 value cards; keep the 2 blank cards separate 3 Instruct the participant to sort the cards using the following script:

#### **tell me whether you think what's going on in your life now**

TEEN VALUES CARD SORT in your life now •Ask client to sort the cards into 3 piles • Ask them to elaborate on each 'Very Important' value - Reflect

• "What I'd like you to do now is take each of those and tell me whether you think what's going on

#### **"What's Important in My Life" - About CASAA**

"What's Important in My Life" a deeply held belief and a current behavior so that motivational interviewing can move forward That is its only purpose, so please do not be overly concerned or meticulous Microsoft Word - Values card sort for sx instructionsdoc

#### **Seven Values "Greatest Hits"**

Values Card Sort Instructions Adapted from Veage, S, Ciarrochi, J, & Heaven, P (2014) Value congruence, importance and success in the workplace: Links with well-being and burnout amongst mental health practitioners, Journal of Contextual Behavioral Science, 3(4), 258-264 And many others

#### **Value Card Sort Online Instructions - UMN CCAPS**

Value Card Sort Instructions and Action Steps Alignment of your values -- what is important to you -- to your lifework is essential to finding meaning and satisfaction This includes what is important regarding what you do, how you do it, where you do it, with, and/or for whom In fact, value mismatch is a major cause of career dissatisfaction

#### **PERSONAL VALUES Card Sort - About CASAA**

PERSONAL VALUES Card Sort WR Miller, J C'de Baca, DB Matthews, PL Wilbourne University of New Mexico, 2001 IMPORTANT TO ME VERY IMPORTANT TO ME NOT IMPORTANT TO ME ACCEPTANCE to be accepted as I am 1 2 9/01 ACCURACY to be accurate in my opinions and beliefs 9/01 ACHIEVEMENT to have important accomplishments

#### **CLARIFYING YOUR VALUES (Adapted From Tobias Lundgren's ...**

CLARIFYING YOUR VALUES (Adapted From Tobias Lundgren's Bull's Eye Worksheet) Deep down inside, what is important to you? What do you want your life to stand for? What sort of qualities do you want to cultivate as a person? How do you want to be in your relationships with others? Values are our heart's deepest desires for the way

#### **Career Values - Career/LifeSkills**

4) Career Values (Click here for the Career Values Card Sort Only after you have accurate information about those four dimensions should you move forward with the career planning process That process is: Assessment - What are your skills, motivation, values, interests, and personality style?

#### **Getselfhelp VALUES CARDS**

Getselfhelp VALUES CARDS Use the Getselfhelp Values Cards to help identify your Values A Value is a chosen life direction that guides us throughout our life A Value might be our passion or what we would like to be remembered for Our Values give us meaning and purpose

#### **Handouts - Nexcess CDN**

The values card sort exercise is conducted during the initial interview of the Family Check-Up The activity description was adapted from Frey et al's

(2013) Enhancements for the First Step to Success, and based on the work of Theresa B Moyers and Steve Martino (2006), The Personal Goals and Values Card Sorting Task for Individuals with

### **my SELF - CMU**

Group all similar values together from the list of values you just created Group them in a way that makes sense to you, personally Create a maximum of five groupings If you have more than five groupings, drop those least important See the example below 3 Choose one word within each grouping that best represents the label for the entire group

### **British Values and Prevent Induction Activities for Post ...**

Activity A - British Values: A card sort game Focus on the British Values of Democracy, the Rule of law, Individual liberty, Mutual respect and tolerance of other faiths and the Equality duty Aim of the activity The aim of this activity is to introduce learners to the British Values of Democracy, the

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### **The Life Change List - ACT Mindfully**

A Quick Look at Your Values - page 1 Values are your heart's deepest desires for how you want to behave as a human being Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis There are literally hundreds of different values, but below you'll find a list of the most common

### **Self-Exploration**

Values are the things in life that you feel are most important While one person might value their family relationships above all else, another person might value their career Everyone's values are different, and there's no "correct" set of values Instructions: Understanding your values will help you better focus on what's important