



# TECH AND VALUES

## Values Sorting

### INSTRUCTIONS

What do you value most *right now*? Values sorting is a widely used activity that involves considering different values and organizing them based on personal importance. It is an established practice that can offer a purposeful method for self-reflection, clarifying values, and (re)considering how our everyday habits are (and are not) values-aligned.

- Step 1** Print out the values cards and cut them out so that you have:  
14 individual values cards, 3 category cards, and 1 blank values card.  
If an important value seems missing, use the blank card to add it.
- Step 2** Place the three category cards side by side on a table:  
"Most Important To Me Right Now," "Important To Me Right Now,"  
and "Less Important To Me Right Now."
- Step 3** Sort the 14 values into the three columns, limiting the "Most Important"  
column to just three values. If a value is missing, add it to the blank card.  
You do not need to sort values that are not important to you.

### NOW, CONNECT TO TECH

If you're in a group, your next step is [dot voting](#). If you're solo, look over the values and consider: Which values are impacted most positively by the ways you use tech? Which values are most threatened or challenged?



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CENTER FOR  
DIGITAL  
THRIVING



**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 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, movement



**PRESENCE**

being present in the moment,  
giving people my full attention



**PRIVACY**

having boundaries, respecting  
boundaries, protecting myself



**SPIRITUALITY**

leaning into my faith, spirituality,  
and/or enlightenment

**MOST IMPORTANT  
TO ME RIGHT NOW**

**IMPORTANT  
TO ME RIGHT NOW**

**LESS IMPORTANT  
TO ME RIGHT NOW**