

Personal Values/Reflections Activity

**Part 1: Value Identification**

**Instructions:**
Read through the list below. Circle or highlight the **10 values** that resonate the most with you. Then, narrow that list down to your **top 5** core values.

**Sample Values List:**

|  |  |  |
| --- | --- | --- |
| Achievement | Family | Integrity |
| Balance | Financial Security | Joy |
| Compassion | Freedom | Justice |
| Community | Growth | Kindness |
| Creativity | Honesty | Leadership |
| Faith/Spirituality | Independence | Learning |
| Love | Loyalty | Mentorship |
| Nature | Recognition | Respect |
| Security | Service | Spirituality |
| Stability | Success | Teamwork |
| Tradition | Well-being |  |

*My Top 5 Core Values:*

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**Part 2: Personal Reflection**

Choose **2–3 of your top values** and respond to the prompts below:

1. Why are these values important to you? Are they shaped by your family, culture, past experiences, or goals?

2. How do you currently live out these values in your life (school, work, relationships, etc.)? Are there places where they show up or places where they’re missing?

3. What challenges do you face in honoring these values? Is there tension between your values and the expectations around you?

4. How might these values influence your future decisions like choosing a major, career, or how you spend your time at the U? Think long-term: How will your values help shape your path?

**Optional: Journal Prompt**

*Imagine it’s five years from now. You’re living a life that aligns fully with your core values. What does a typical day look like for you? Who are you surrounded by? What are you doing, and how do you feel?*

**What’s Next?**

After completing this activity, bring your reflections to your next coaching session. Let’s talk about how your values can shape your short-term and/or long-term goals.