



Values Reflection Worksheet

Using Reflection to Find Your Personal Values

Values Reflection

Use the questions below to reflect on experiences in your life that may have helped shape your core values.

"A value is defined as a principle, standard, or quality considered inherently worthwhile or desirable. Individuals, groups, and whole societies hold values. Values are what motivate and fulfill you. They infuse your work and your life with meaning. In essence, a value is what is important to you."

-Julie Jansen

- Identify times when you were the happiest. What were you doing? Who were you with?

- Recall times when you have been so absorbed in what you were doing that you hardly noticed the time. What were you doing?

- Identify the times when you were most proud. Why were you proud? Who shared your pride?

- Think about the things that you find the most meaningful. What do you think of? Try to include ideals, feelings and activities.

Finding Your Core Values

Below is a list of values –circle or mark every value on the list that is important to you. It can be as many as you want! If there is not a value included on this list, feel free to add it in to your list.

authenticity	achievement	adventure	authority	autonomy
balance	beauty	boldness	compassion	challenge
citizenship	community	competency	contribution	creativity
curiosity	determination	fairness	faith	fame
friendship	fun	growth	happiness	honesty
humor	harmony	influence	justice	kindness
knowledge	leadership	learning	love	loyalty
meaning	openness	optimism	peace	pleasure
poise	popularity	recognition	religion	reputation
responsibility	security	self-respect	service	spirituality
stability	success	status	tenacity	trustworthiness
unity	vitality	wealth	wellness	wisdom



Your purpose in life has a lot to do with what kind of **impact** you want to make in the world and the way you want to live your life. This impact is defined and shaped by your core values as all actions in your life are defined by what you value.

1. Now that you've got an idea of some values you care about, narrow your personal list down to your top nine values. Write or type them as your narrow down your list.

2. It's time to narrow those nine values down even more. Take some time to reflect. What about those nine values on your list speak to the **impact** you want to make on the world? How can you use these values to define the way you want to live your life?

3. Go ahead and narrow those nine values down to your top three values. Write them as your personal values list.

Values Assessment Reflection – Panhellenic Recruitment

Use these quick reflection questions below to think about your values in the context of Panhellenic recruitment. Use this time to come up with some questions, ideas or things to share about yourself with sorority women during your time participating in Panhellenic recruitment.

- What do your values say about you?

- How do you work to maintain your values?

- How can you communicate your values during the Panhellenic recruitment process? Think about this during recruitment events, meeting with other protentional new members, communicating with recruitment counselors, etc.

- Is it acceptable for your values to change or expand over time?

- Can you think of situations in which your values may shift?

