

Personal Values Reflection

Find out what matters to you by exploring the reasons behind your joyful and challenging experiences

Step 1: Think about your **high moments**

Describe the most recent situations when you felt happy, fulfilled, or inspired

What happened in this moment: <hr/> <hr/>	What happened in this moment: <hr/> <hr/>	What happened in this moment: <hr/> <hr/>
I felt great because: <hr/> <hr/>	I felt great because: <hr/> <hr/>	I felt great because: <hr/> <hr/>

Examples: Volunteering at a local shelter (I felt great because I helped others); Winning a competition (my dedication and efforts paid off)

Step 2: Think about your **low moments**

Describe the most recent situations when you felt disappointed, angry, or frustrated

What happened in this moment: <hr/> <hr/>	What happened in this moment: <hr/> <hr/>	What happened in this moment: <hr/> <hr/>
What got me down: <hr/> <hr/>	What got me down: <hr/> <hr/>	What got me down: <hr/> <hr/>

Examples: I was late to a meeting (What got me down: my lack of discipline); Someone lied to me (What got me down: loss of trust)

Step 3: Dig deeper into **your values**

Look at what you wrote in Steps 1 and 2. Try to find words or themes that describe what's important to you. Maybe if a high moment was "helping a friend," then "friendship" or "kindness" is important to you. Feel free to use the word cloud below as a hint.

What matters the most to me:

1. _____
2. _____
3. _____
4. _____
5. _____

sustainability open-mindedness
 achievement responsibility
 optimism love honesty well-being
 learning fairness friendship
 self-discipline health self-respect
 uniqueness family creativity teamwork
 courage recognition money generosity
 career kindness support
 flexibility forgiveness wisdom compassion
 adaptability self-reliance
 improvement