

**VALUES REFLECTION**  
**CAREER & LEADERSHIP DEVELOPMENT CENTER**

**NAME:**

**DATE:**

**WHY VALUES?** Values are the elements of life we most care about and believe in. Thinking about your values can help your career development process by determining how your values align with your academic and career goals.

**PART ONE INSTRUCTIONS:** How important are each of these values to you in your daily personal and professional life? Check the box that best corresponds to how important the value is to you right now (it is ok and normal that these values may shift over time).

VALUE	ALWAYS VALUE	SOMETIMES VALUE	NEVER VALUE
Leadership Opportunities			
Frequent Travel			
Respected by Others			
Problem Solving			
Variety and Change			
Competition			
Diversity and Inclusion			
Environment/Sustainability			
Staying Busy			
Making New Friends			
Fun and Humor			
Helping Others			
Money Motivated			
Honesty and Integrity			
Spending Time Alone			
Making Decisions			
Trying New Things			
Serenity and Tranquility			
Geographic Location			
Personal Safety			
Physical Activity			
Spirituality/Religion			
Learning New Things			
Structure and Predictability			
Leadership Opportunities			
Being Part of a Team			
Balance of Work and Play			

**PART TWO INSTRUCTIONS:** From the list on the front, narrow down your values to your top five values. These are the five values you are not willing to compromise personally or professionally.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**PART THREE INSTRUCTIONS:** Review the reflection questions below with a small group or individually. Discuss and/or write down your response to each of the prompts.

- ✓ What do these five values mean to you? Do you share any in common with others in your group?
  
- ✓ How do you currently use these values in your day-to-day life?
  
- ✓ How are these values shaping your career path?
  
- ✓ Do these values complement or conflict with your intended career?
  
- ✓ What else can you do to reflect on your values and their importance to your future?

**WHAT NOW?** Working with a coach in the Career & Leadership Development Center can help you plan your campus experiences to align with your values and career goals. Coaching can be beneficial for any career related topic including picking a major, connecting your major to career paths, and preparing for a successful internship search.

**CAREER & LEADERSHIP DEVELOPMENT CENTER (CLDC)**

Location: 5<sup>th</sup> Floor Baker University Center, Monday-Friday 8am-5pm

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Career Tools Resources: [ohiouniversitycareertools.campuscareerinnovations.com](http://ohiouniversitycareertools.campuscareerinnovations.com)