

Name:

PAWS ID:



History and Values of the College and New Jersey are present in the seal of the institution. Complete each statement below to create your own "Values Shield" reflecting what is important to you. Prior to completing the activity, please go to <https://www.lifevaluesinventory.org/> and complete the Life Values Inventory. You will need to save a pdf of your inventory to submit with this assignment.

3 things which define me:

3 things I aspire to be:

3 ways I want impact to others is:

3 ways I will contribute to the TCNJ community:

Top Three (3) Values from Values Inventory:

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Please provide 3-5 Sentences for the following reflection prompts:

1. What experiences or people have influenced your values? Please specify the value(s) and how this experience impacted your values.

2. What areas from the values inventory would you like to dedicate more attention to? Why?

3. What are 2-3 obstacles or challenges to focusing on these value areas? What are some ways you can overcome them?

4. Reflecting on the incident you were involved in, did your decisions and/or behavior align with your values? Why or why not?

5. How will your values guide you in future decision making?