

# PERSONAL VALUES REFLECTION

*“The unexamined life is not worth living.”*

-SOCRATES

Choose a partner and take turns interviewing one another, asking all ten questions of one person, and then switching roles. Be present to one another without writing.

1. Of the things you possess, what do you value most?
2. Describe an important turning point in your life. What was your Teachable Moment? What difference has it made?
3. Name a surprise in your life. What virtues were involved?
4. Is there anything you once considered important that is not important to you any more? What changed?
5. What material possession would you miss most if you lost it? What do you value about it?
6. Name a relationship you have prized most in your life.
7. Have you grown most from good times or adversity? Give an example. What virtue did you develop?
8. If you knew you had only one year left to live, how would you live it? What changes would you make in your life?
9. How would you like to look back on this time in your life? What would your leading virtues be?
10. Using one to three sentences, write your own epitaph.

*Interviewer, please give your partner a VIRTUES ACKNOWLEDGMENT*

