



# Reflect Values in Action

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## **Learning Objectives:**



1. To identify your personal values and actions.
2. To compare your personal values with your actions.
3. To create ways to make decisions based on your personal values.

## **Technical Requirements:**

Laptop, projector and Internet access to show video at beginning of the workshop

## **Time Needed:**

25 minutes

## **Group Size:**

Entire chapter

## **Physical Setting:**

Any facility where the group can sit comfortably, facing the facilitator

## **Preparation:**

Watch the “Reflect Values in Action” video through <https://vimeo.com/zetataualpha>. (Also found on [www.zetataualpha.org](http://www.zetataualpha.org)> Students> Programming> Educational Videos.)



Copy the Personal Values Worksheet and Week in Review Worksheet for each member.

## **INTRODUCTION (3 minutes)**

*The facilitator should introduce him/herself and the program topic. Ask for the audience's attention and interaction during the discussion.*

Imagine you are driving with no map, no GPS and no directions. You have no idea where you are going. You turn when you guess might be right and eventually become frustrated after taking wrong turns and getting lost. It seems so difficult without help guiding you.

The second time you are driving, you have clear directions of where you're going and how you're getting there. You have street names, recognizable landmarks and navigation telling you every turn along the way. You know where to turn because of your undeniable sense of direction and you feel confident you are on the right path.



Values are what we see as important and ultimately what should guide our decisions, or our turns, like navigation. This ZTA video discusses our everyday actions and if they reflect our values.

*Play the "Reflect Values in Action" video through <https://vimeo.com/zetataualpha> or [www.zetataualpha.org](http://www.zetataualpha.org)> Students> Programming> Educational Videos at this time.*

## **PERSONAL VALUES WORKSHEET (5 minutes)**

In the video, the character Anna looks into a mirror, flashing back to her day and looking back on the different decisions she made.



What kinds of decisions did she have?

What do those decisions say about her values if she picked one or the other?

What role do we see values playing in our actions?

In order to better understand how our actions display our values, we're going to first identify our personal values. This is a non-comprehensive list of values, so there may be others you can identify. Please take a moment to review it and add in other values as you see fit. Take three or four minutes to identify your top five personal values. These are your priorities—not just the values you believe in, but those that really speak to who you are as a person, leader and sister.



*Pass out the Personal Values Worksheet. Give them three to four minutes to complete. When they are done, tell them you will come back to them after their next activity.*

## **DO OUR ACTIONS REFLECT OUR VALUES? ACTIVITY (5 minutes)**

Now you will think about your actions and how you spend your time in an average week. Let's use the Week in Review worksheet to chart what you did each day last week—write down what you did each day and how much time you spent on each activity. Think of everything from the time you woke up to when you went to bed. This can include classes, work, ZTA activities, other organizations' events and meetings, volunteering, family time, free time, socializing, etc.



*Pass out the Week in Review Worksheet.*

Go back to the Personal Values Worksheet that you circled a few minutes ago. How do the activities you mapped out relate to the values that you said really "spoke to you," that were important to you to live out?

## **DO OUR ACTIONS REFLECT OUR VALUES? DISCUSSION (10 minutes)**

*Pose these questions one by one to the group and ask participants to share answers.*

Think about how much time you are spending on things that you value personally.



Are you spending time on what you value?

Are you truly reflecting your values in your actions?

How do you make decisions based on your values?

Now, let's think about it as an organization.

What are Zeta Tau Alpha's values? *(Have members say them if all members present have been initiated; if not use the values taught in the new member program).*

Do we think we truly reflect our values in our chapter's actions?

How can we ensure that we are making decisions as a chapter based on ZTA values?

How can we ensure that we are making decisions as a chapter based on ZTA values?

We all know that things like cleaning or homework may seem hard to fit into values-based categories, but the real testament this activity seeks to make is are you spending time, energy, resources and more on the things that YOU value, on the things that ZTA has taught you to value?

### **If this is being facilitated as a Founders' Day activity, add this discussion:**

Our nine Founders set out to start something different and aimed to cement their friendship in common ideals.



- How do we reflect our Founders' vision of Zeta Tau Alpha?
- What would our Founders think if they were in our chapter now?

## **CONCLUSION (2 minutes)**

As individuals, we need to be aware of our values and how they are reflected or not reflected in our actions. Taking the time to think about your values while you make decisions will help you stay true to what you saw you're about. That way you will have a clear direction of where you are going in life.



ZTA leaders who "walk their talk" and "do what they say they will do" will have credibility and integrity among their chapter, fraternity/sorority community, college or university, parents, and alumnae. To build this credibility and integrity, it means living our values day in and day out. Let's commit to staying true to our personal and ZTA values as individuals and as a chapter by **reflecting our values in our actions.**

## Personal Values Worksheet

Belonging (association, fellowship, relationships)	Learning (wisdom, active scholarship)
Change (variety, new challenge)	Loyalty (allegiance, patriotism)
Community (association, similar interests, support)	Money (wealth, salary)
Compassion (empathy, consideration)	Order (organized, structure, systematic)
Competitiveness (to be the best, viability)	Peace (harmony, calmness, serenity)
Confidence (trust, self-belief)	Personal Development (individual growth)
Cooperation (teamwork, collaboration, mutual aid)	Pleasure (fun, enjoyment, satisfaction)
Creativity (new ideas, visionary, imagination)	Power (importance, authority, influence)
Decisiveness (steadfast, determined, focused)	Purpose (mission, ambition, goals)
Democracy (freedom, independence, social equality)	Recognition (acknowledgement, discovery)
Diversity (value differences, different perspectives)	Respect (honor, reverence)
Efficacy (effectiveness, high value, worth)	Responsibility (maturity, follow-through)
Efficiency (competence, accuracy, good use of time)	Security (safety, protection)
Ethical Practice (fair, principled, honorable)	Self-Awareness (understanding, clarity of thought)
Fairness (equity, honesty, impartiality)	Self-Actualization (be the best you can be)
Fame (renowned, distinction)	Service (assistance, charity, civic responsibility)
Family Happiness (close relationships, get along)	Social Awareness (mindfulness, unselfish)
Flexibility (adaptability, resilience)	Spirituality (devotional, faith)
Friendship (close relationships with others, fellowship)	Tolerance (kindness, open-mindedness, acceptance)
Health (physical and mental well-being)	Tradition (belief, custom, practice, ritual)
Helpfulness (supporting others, improving community)	Trust (belief in other, assurance, conviction)
Honesty (integrity, candor, openness)	Vision (foresight, ideal, conceptual)
Knowledge (intelligence, observation)	Other:

## Week in Review Worksheet

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**