



HALLMARKS

of the CAMPBELL UNIVERSITY EXPERIENCE

QUESTIONS *for Reflection*

CAMPBELL COMMUNITY

CHARACTER, INITIATIVE *and* CALLING



Character

How do I embody compassion, generosity, integrity, and justice?

When have you shown compassion even when it was difficult?

- What was happening in that moment that made compassion hard?
- How did your emotions (anger, fear, fatigue, etc.) challenge your ability to respond kindly?
- What helped you choose compassion anyway?
- What impact did your response have on the other person—and on you?
- If you could relive that moment, would you do anything differently?

What does integrity look like in your daily choices?

- Think of three recent decisions—big or small—where you were faced with a choice between ease and honesty. What did you choose?
- Are there moments when you tend to act out of convenience, fear, or social pressure rather than truth?
- What's one way you could strengthen your daily alignment between what you believe and how you behave?
- Who holds you accountable to live with integrity—and how do you receive that feedback?

In what ways do you practice generosity—with your time, resources, skills or attention?

- What does generosity mean to *you*? Does it come easily or require intention?
- When was the last time you gave without expecting anything in return? How did it feel?
- Are there areas of your life where you give a lot—and others where you tend to hold back?
- What fear or story might be limiting your generosity (e.g., “I don’t have enough” or “I won’t be appreciated”)?

How do you respond when you see injustice? What could you do better?

- What does the term “injustice” mean to you? What emotions does it invoke?
- What types of injustice do you most notice—in your relationships, your workplace, your community, or the world?
- When have you spoken up or taken action? What gave you the courage?
- When have you stayed silent or passive? What held you back?
- What emotions do you feel when confronting injustice—anger, sadness, helplessness, urgency?
- What is one small but real step you could take this week to stand more fully for justice?

Who in your life models their values well, and what can you learn from them?

- Think of someone you know (or have read about) who lives with consistent compassion, generosity, integrity, or justice.
- What specific habits, words, or actions do they practice that reflect these values?
- How do they handle conflict or moral challenge?
- In what ways can you emulate their example in your own unique way?
- If you could ask them one question about how they live their values, what would it be?

Initiative

How do I live out my character and calling?

What does it mean to “live your values”? Describe a moment when you felt aligned with your core beliefs.

- What values were you embodying in that moment?
- How did your words, actions, or choices reflect those beliefs?
- What emotions came with that alignment—confidence, peace, clarity, pride?
- What conditions made it easier (or harder) to stay true to yourself?
- How could you bring that same alignment into other areas of your life?

Write about an area of your life where you’re taking initiative—and one where you feel stuck.

- In the area where you’re moving forward, what’s fueling your drive?
- What tools, skills, habits, or people are helping you take action?
- In the area where you feel stuck, is it fear, lack of clarity, perfectionism, or something else?
- What would “a small first step” look like there?
- Imagine looking back six months from now—what would progress look like?

Describe a risk you’ve taken in service of your values or calling.

- What were you risking—comfort, approval, security, something else?
- What motivated you to take the leap anyway?
- How did things unfold, both externally and internally?
- What did you learn about yourself in the process, regardless of the outcome?
- Would you take that risk again, or take a new one based on what you learned?

What small, consistent action could you take this week to better embody your character or calling?

- What is one habit, choice, or practice that could bring your values into clearer action?
- How will you remind yourself to follow through?
- Who might benefit from this shift—beyond just yourself?
- How can you track or reflect on its impact over time?
- What would help you stay accountable?

Who or what motivates you to take action when the path isn't clear?

- Is there a person, quote, belief, or story that consistently reignites your fire?
- What values does that source reflect back to you?
- When was the last time you leaned on that motivation—and what did it help you do?
- How might you reconnect with that source more regularly or intentionally?
- What would it look like to *become* a source of motivation for someone else?

What is giving you life in this season? What is taking it?

- What about the life giving event or experience energized you?
- How can you bring more of the life giving experiences into your life?
- What boundaries or support do you need for the life-taking experiences?
- What is one small step you can take this week to bring these two experiences into balance?

Calling

Who am I? Who am I becoming?

How do I serve my community and contribute to human flourishing?

What are your natural strengths, passions, or learned skills?

- Think about what others often come to you for—or what you lose track of time doing.
- What activities make you feel energized rather than drained?
- What feedback have you received that affirmed something special about you?

Describe a moment you felt fully alive or in alignment with your actions and values?

- Where were you, what were you doing, and who were you with (if anyone)?
- What emotions did you feel—joy, peace, power, focus, energy?
- What skills or passions were you using in that moment?
- Why do you think that experience made you feel so alive?
- What does that moment reveal about what truly matters to you

What qualities are growing in you?

- Are you becoming more patient, resilient, courageous, kind, focused, or something else?
- How do you know these qualities are developing—what's the evidence in your behavior or relationships?
- What has challenged or tested that growth lately?
- Who or what has supported your growth in this area?

Think about someone who has deeply impacted your life.

- Who are they, and how did they show up for you or others?
- What values did they model that stuck with you?
- What ripple effect did their presence or actions create?
- What did they do that mattered?

Who are you becoming right now, and how does that align with who you truly want to be?

- What patterns or habits are currently shaping your identity?
- In what ways are your values being reflected—or neglected—in your daily life?
- When you picture the best version of yourself, how close or far do you feel from that image right now?
- What are you proud of in your growth so far?
- What fears, pressures, or expectations might be influencing your becoming in ways you don't want?

What kind of legacy do you want to leave behind—and how are you building it today?

- What do you want others to remember or feel because of you?
- If someone were to describe your impact one day, what would you hope they'd say?
- What are you doing now—daily, weekly, or in relationships—that contributes to that legacy?
- What still needs to change for that legacy to come fully alive?

What does a thriving community and human flourishing look like to you?

- Imagine a place where people are thriving. What does it feel like to live there?
- What values are upheld? What systems are in place?
- Who feels seen, safe, and empowered?
- How can your daily choices support that vision?