



## The WHAT's MY VALUES Game: Part 1

*(Tapping into the Roots of your Life's WHY)*

Think back to one of your **best work/career/vocational accomplishments**, or to a situation that was **most rewarding or personally satisfying**.

Then imagine that you are back in the very best moments of that situation.

**While deep in remembrance of those moments, respond to the following questions** with just **one or two words or a very short phrase** that really expresses the essence of what's important to you.

**And remember, throughout these exercises only your definitions of the words and values you use to answer these questions are valid here. Dictionary definitions or other people's definitions are not relevant. Here, you rule supreme.**

1. What's most important about that situation to you, personally? \_\_\_\_\_

2. What else is important or meaningful to you here? \_\_\_\_\_

3. Is there anything else that brings added depth and meaningful value to you here? \_\_\_\_\_

**4. What's your best guess of the single most important value named in questions 1 through 3?**

\_\_\_\_\_

5. What's that value doing for you in this situation? What effect/s is it having on you (here and beyond)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. What's the value you identified in question #4 doing for you in this situation? Or what effect is it having on you (here and beyond)?

\_\_\_\_\_  
\_\_\_\_\_

*\* Enhanced exercise adapted from The Values Process by Manny Elkind \**

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