

## Values-Based Integration:

### Identifying Your Values

Instructions: To complete this activity, you will need to refer to the Key Moments exercise you completed in the introduction of this book (page 14).

Review those memories and try to list key words that describe each moment and why it was special to you. Most stories will have at least two or three key words, and some key words will be repeated between stories. Feel free to list as many words as you like, until you identify ones that really capture your feelings.

Moment 1:

Key words that describe why this moment was special:

Moment 2:

Key words that describe why this moment was special:

Moment 3:

Key words that describe why this moment was special:

Moment 4:

Key words that describe why this moment was special:

Moment 5:

Key words that describe why this moment was special:

Try to identify which of the words you listed above are the most important or resonant. Look to see if any words can be grouped together, or if there is a single word that sums up an idea for you.

You can list key words and try grouping them together here: