

Values-Based Integration Process

Step 1: Find Your Why

Instructions: Think of five moments in your life when you felt like you were FULLY ALIVE. Try to find moments from throughout your life (childhood, adolescence, adulthood; school, work, vacation, hobbies).

Some of the moments might leave you with a sense of awe and wonder—“*wow, if all of life was like that, life would be amazing!*”

Some of the moments might leave you feeling deeply recharged and ready to face the next challenge, or satisfied and fulfilled.

Write down each of these moments. Tell the story of each moment in as much detail as possible. Try to think specifically about *why* the moment stuck with you so dramatically.

Moment #1:	
Moment #2:	
Moment #3:	
Moment #4:	
Moment #5:	