**EXERCISE 3:** Aligning Your “Why”

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Red ID\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEP 1:**

Write about a time(s) in your life when an experience, person or adversity caused an emotional reaction that left a lasting impression on you. **Answer this**: In what way has this experience or person affected the path you chose or decisions you’ve made over the years?

**STEP 2:** Now keeping these experiences or people in mind, use the list of values and choose one or two values that best represent how these experiences shaped the way you live your life today. A value is a way of being or believing that we hold most important. **When selecting your values, ask yourself the following questions:**

***•*** Does this define me?  
***•*** Is this who I am at my best?  
***•*** Is this a filter that I use to make hard decisions?

Value 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Value 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Value 3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEP 3:** Living into your Values. Answer the following questions to dig into your values.

**Value #1** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***01.*** How do you practice this value in your personal life?

***02.*** How do you practice this value in your professional or student role(s)?

**Value #2** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***01.*** How do you practice this value in your personal life?

***02.*** How do you practice this value in your professional and/or student role(s)?

**Value #3** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***01.*** How do you practice this value in your personal life?

***02.*** How do you practice this value in your professional and/or student role(s)?

**STEP 4:** Draft your “Why” statement! Also can be stated as your purpose, driving force, calling or belief that inspires you to share your unique gift to the world.

My “why” is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

***Example:*** *To propel people forward so that they can make their mark on the world.*

Alternatively, you can complete: I believe that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in order to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

***Example:*** *I believe that everyone has the right to free public education in order to create opportunities for all to thrive and achieve their dreams.*