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|  | **Career Example** | **Personal Example** | **Which values were being met/ not met?** |
| **Step 1: Identify the times when you were happiest**   * What were you doing? * Were you with other people? Who? * What need or desire was fulfilled? * How and why did the experience give your life meaning? * What other factors contributed to your feelings of happiness and fulfilment? |  |  |  |
| **Step 2: Identify the times when you were most angry**   * What were you doing? * Were you with other people? Who? * What need or desire was frustrated? * What other factors contributed to your feelings of anger and frustration? |  |  |  |