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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?
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| **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?
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