

**EXERCISE 2.2**

## *Indicators of Your Values*

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**15–20 minutes**

In whatever way works best for you—free writing, quiet thought, or a conversation with a friend—explore one or more of the following questions that you find interesting. Write your answers below.

- What experiences and people have been key in shaping your core values and passions?

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- What do you notice about your values when you consider your choices, such as life directions, career, free time, lifestyle, donations, and spending?

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- When you hear of world events or witness an injustice, what moves you most? With what have you been most troubled? Most delighted?

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