**Assignment 3: Identifying your ‘why’ and the values you hold**

This assignment will take ca. 45 minutes.

**Start with individual reflection (30 minutes)**

**Step one: reflection on the ‘why’ of your work**

* What kind of work do you do?
* Why do you do it? Don’t overthink, just write what comes to mind, we’ll refine it below;
* How does what you do make you a better person?
* How does what you do make the world a better place?
* Why do people ‘buy’ from you or ‘go along’ with you? What reasons have they given?

**Step two: Identifying your beliefs and values**

* What topics do you find yourself continuously arguing or defending with others? What beliefs or values does your stance represent?
* What makes you most angry about the state of the world?
* What are you most afraid of for the next generation, whether you have kids or not?
* What makes you happiest in your life, what fulfills you?
* What is your belief of how the world should be?

**Step three: Connecting your values with your work**

Look at the list with examples of values.

Given your your above answers, what values are you most passionate about?

If you do not find the value you are looking for on the list, describe the value in your own words.

Choose 3 - 5 values and write them down.

**1.**

**2.**

**3.**

**4.**

**5.**

Now answer these questions;

* Does your current work embody those values? Yes or no?
* If yes, describe how your work allows you to live them.
* If no, how could you express/connect your values in/to your current work?
* If your current work makes it impossible to live your values, then list 3 possible dreamjobs or lines of work or businesses that would embody your core values:

**1.**

**2.**

**3.**

When you are ready, or after minutes, contact your buddy.

**Teamwork (15 minutes).**

* Exchange your stories.
* Listen carefully and probe.
* What does the story of your buddy tell you about what drives him/her and/or his/her motivation?

**At 14.00 return to the plenary session.**