Find Your Spark Questionnaire 

## Tips

* Please write freely and don't worry about how good your sentences sound or your writing structure looks, etc. There are no right or wrong answers. It's the authentic and descriptive content from you that counts!
* You can use both work and/or personal examples. Feel free to explore both but pick what comes to your mind first.
* If you really don't know what to write after some reflection, just skip that question and come back later.
* The prompts under each question are there to help you distill your values from what you have written. If you get stuck coming up with a word to represent your values, a list of values is included after the questions section to spark some ideas. Don’t get hung up on the word choices. You are the only one who needs to understand this.

What is a time (or a few times) when you’ve felt most alive, fulfilled, or satisfied? (e.g. You are in flow. You felt excited. You don't care about what others think.) What were you up to? If you were with other people, who were they?

* What values may have led to such fulfillment or aliveness?

What is something that you enjoy doing so much that you lose track of time and place when you are doing it?

* What qualities about these activities attracted you?

Tell us about a favourite TV show/movie or character that reflects what you value. If stuck, an alternative is to ponder about your favourite book, poem, song, painting, etc.

* What does it say about what is important to you?

Now think of the people who have inspired you so far. Alternatively, think of a person or two who you admire. Who are they?

* What qualities in them inspired you or attracted your admiration?

If time and resources were not a concern, what is a problem (in the world, your community, a particular industry or profession, etc.) that you really want to help solve? They can be small things! Alternatively, what would you like to accomplish during your lifetime so that you will consider your life to have been satisfying and well lived—a life of few or no regrets?

* What does it say about what is important to you?

Imagine. You were invited to write or give a speech about one topic to inspire an audience. What would the topic be?

* What does it say about what is important to you?

What qualities in people or situations tend to upset you or make you angry more often? (Note: When what we care about is absent, i.e. our values are violated, we tend to get upset or angry.)

* What does this say about your values?

**Now that you have finished answering all the questions, you may start to form a sense of what your values might be. If that is the case, write them down in the space below.**

Even a few keywords representing any new insights or general themes would do.

A sample list of values is available on the next page if you’d like some ideas.

##  Sample list of values

