

# THE 3 WHY'S



## FIND THE VALUES DRIVING WHO YOU ARE BY ACTING LIKE A PRE-SCHOOLER

instructions: list a behavior, passion, quirk, anything - and simply ask why.

● knitting (example)

why is this a passion?

I love creating beautiful things by hand



but why? (do I love creating beautiful things by hand?)

it calms me and helps me relax



but why? (does it calm me and help me relax?)

because it's simple and comforting

these represent the values behind the behavior



● \_\_\_\_\_

why is this a passion?



but why?



but why?

● \_\_\_\_\_

why is this a passion?



but why?



but why?

● \_\_\_\_\_

why is this a passion?



but why?



but why?

● \_\_\_\_\_

why is this a passion?



but why?



but why?