

# VALUE WARM-UP

Before we enter the observation phase of the Happiness Team Process, let's begin with a warm-up. The objective of this exercise is to begin observing yourself and the values that animate your life.

1 I am **happy** when I

2 I am **fascinated** by

3 When I was a kid, I **loved**

4 Things I **still love** from when I was a kid

5 Things I **enjoy** most

6 I am **most relaxed** when I

7 The **person** I enjoy being around the most

8 My most inspiring **hero** is

9 The most moving piece of **art** for me is

10 The **place** I like to be in most is

11 The **activity** that I enjoy most is

12 I'm most **talented** in

13 I lose my **sense of time** when I

14 The most important **thing I possess** is

15 My biggest **dream** is to

16 My **happiest moment** so far was