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***Your True North* Questions**

***Use these questions as a springboard for personal reflection, small group discussion, or***

***to do your own interview with a friend or family member***

* What are 3 core values or guiding principles that really define who you are as a human being?
* Which life experiences helped you identify each of these values?
* What is your values ‘origin story,’ or what have been the key influences that have shaped your values, especially in childhood?
* Has religion or spirituality influenced your values? If so, in what ways?
* What’s the personal relationship that has most affected your values?
* How do you see your values influencing your life day-to-day?
* What do you see as the intersection between your values and your work?



* In situations where you’ve strayed from your values, what did you learn?
* What specific values would you like to pass on to the younger people in your life?
* Has living according to your values gotten easier or harder as you’ve gotten older?
* Do you have a favorite poem, song, or saying that helps you live a value-centered life?