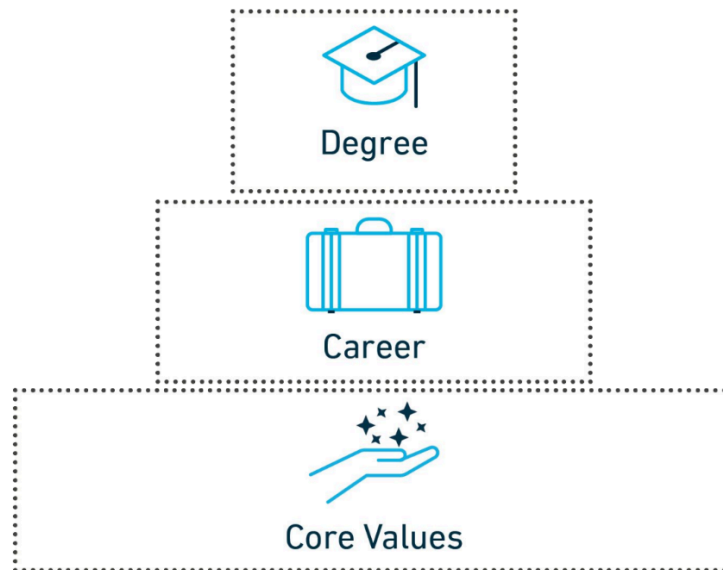


Wedding Cake Values Exercise



1. What's motivating you to pursue this degree, career, or goal?
(Think about what pulled you in this direction in the first place. Be specific.)

2. What about that matters to you the most?
(What part of your motivation really hits home for you? Why?)

3. What about that is important to you?
(How does this tie into your personal values or identity?)

4. How do you see that making a difference?
(In your life, in your community, or in the world?)

5. What would your life be like if you didn't have or pursue this degree, career, or goal?
(Imagine letting it go—how would that change things?)

6. What's the driving force behind your goal or path?
(What keeps you going, even when it's tough?)

Final Reflection:

Circle or highlight one word or phrase from your answers above that best captures your core motivation. Then complete the sentence:

I'm pursuing this because _____.