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| **Chart for Exercise 42**  **The Demartini Values Determination**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** |
| To enter the state of flow, you must be in the pursuit of things that are *meaningful* to you -- things that you are naturally motivated to do. Then, you must invest yourself fully in these pursuits versus dabble around with them. Dr. John Demartini’s work on values can be extremely useful in helping you sort through and locate the things you care most about. Truly meaningful goals emerge often emerge from one’s highest values. Below you will find the questions from the Demartini Values Determination. Please give three answers for each question. (You can take this determination online if you prefer at: <https://drdemartini.com/values/start>). |
| 1. What do you fill your personal, intimate, or virtual space with most? What do these items really represent or mean, or what are they actually used for?  a. b. c. |
| 1. How do you spend your time most and what do these actions really represent or mean? Or, what are you actually doing this for?  a. b. c. |
| 1. Next, look at how you spend your energy and at what energizes you most. What are the three things that you always find energy for? (You will always have energy for things that are truly highest on your values list and that inspire you.)  a. b. c. |
| 1. How do you spend your money and your resources? What are the three things you spend the most money on? You will feel reluctant to spend money on things you perceive to be unimportant.  a. b. c. |
| 1. Where do you have the highest degree of order and organization? What are the three things you are most organized in?  a. b. c. |
| 1. Where are you most reliable, disciplined, and focused? What are the three things you are most reliable on?  a. b. c. |
| 1. What are your innermost dominant thoughts? What are the three things that you think about most?  a. b. c. |
| 1. What do you visualize most about how you would love your life to be that is already showing evidence of becoming true?  a. b. c. |
| 1. What do you most often talk to yourself about for how you would love your life to be that is showing evidence of coming true?  a. b. c. |
| 1. What do you most often talk to others about? What three subjects do you keep wanting to bring your conversations to?  a. b. c. |
| 1. What inspires you most? What is common to the people that inspire you most?  a. b. c. |
| 1. What are your most consistent long-term goals about how you would love your life to be that show evidence of coming true?  a. b. c. |
| 1. What topics of study inspire you most? When you enter a bookstore, which section do you make a beeline for? Which topic of magazines do you subscribe to? Which section of the newspaper do you turn to first? Which nonfiction TV shows or documentaries do you seek out?  a. b. c. |
| To identify your highest values, tally all your answers – so, if you answered “Fitness” to 8 different questions, that answer would have a score of “8.”   Compare all your answers and identify them in order from most mentions to fewest.  **Your Hierarchy of Values**: 1.  2.  3.  4.  5.  6.  7.  8.  9.  10.  The top 3 answers are the apex of your **Values Hierarchy**. These will be the things you naturally do, enjoy doing, enjoy learning about, enjoy speaking about, enjoy getting better at, etc. And your **Purpose** will be hiding in some combination of your Top 3 Values plus some additional elements we will add in as we move forward.  Note: There are no “correct” Values. Your Values are true for you – and they are unique to you particularly in what they mean and how you experience them. |