

# Dr. Demartini Values Determination Process

1 What do you fill your space with most?

--	--	--

2 What do you fill your time with most?

--	--	--

3 How do you spend your energy most?

--	--	--

4 What do you spend your money on most?

--	--	--

5 Where are you most organised?

--	--	--

6 Where are you most disciplined and reliable?

--	--	--

7 What do you think about or focus on most?

--	--	--

8 What do you envision most?

--	--	--

9 What do you internally dialogue about most?

--	--	--

10 What do you externally dialogue about most?

--	--	--

11 What are you inspired about most?

--	--	--

12 What do you set goals towards most?

--	--	--

13 What can you not wait to learn, read or study most?

--	--	--

## My Values:

1	
2	
3	
4	
5	
6	

---