

The Demartini Value Determination Process™

13 Key Value Determinants:

Questions:	Answer 1	Answer 2	Answer 3
1. What do you fill your personal or professional space with that is most important & highest value with to you?			
2. How do you spend your time first, second, & third most when you are awake?			
3. What are you doing that energizes you most & how do you spend your energy most?			
4. How do you spend your money most?			
5. Where are you ordered & organized most?			
6. Where are you most disciplined, reliable, & focused?			
7. What do you dominate your innermost thoughts on most about what you would love your life to be & are demonstrating it?			
8. What do you envision, visualize, & realize most about what you would love your life to be & are demonstrating it?			
9. What do you talk to yourself about most about how you would love your life to be & are demonstrating it?			
10. What do you most talk about to others in social settings?			
11. What are you inspired about most?			
12. What are your most consistent long-term goals that are slowly & surely coming true?			
13. What do you love learning, reading, studying, listening, & practicing the most?			

Interim List of Categorized Answers	Number of times this answer appeared
1	
2	
3	
4	
5	
6	
7	
8	

Final Hierarchy of Values	
1	
2	
3	
4	
5	
6	
7	