



PERSONAL VALUES DEFINED - *Wikipedia*

Values are one's judgements about what is important in life. Values are an integral part of every culture. Along with beliefs and worldview assumptions, they generate behaviour. Being part of a culture that shares a common core set of values creates expectations and predictability without which a culture would disintegrate and its members would lose their personal identity and sense of worth. Values tell people what is good, beneficial, important, useful, beautiful, desirable, appropriate...etc. They answer the question of **why people do what they do**. Values help **people solve common human problems** for survival. Over time, they become the roots of traditions that groups of people find important in their day to day lives. Values can be positive or negative; some are destructive.

Dr Demartini believes that your highest 'values' are what you perceive to be lacking most in your life! Your voids!

Step 1. WHAT ARE YOUR VALUES?

Write your answers to these incomplete sentences:

The things I want most to achieve before I die are

The things I want to achieve this year are

If I had a million dollars, I'd

The things about myself that I value most are.....

My greatest achievement so far is

The possession I value most is.....

I wish

It would take away all meaning to my life if I lost.....

I spend most of my time thinking about.....

I am most disciplined and organised doing.....

I spend my money on.....

Which statements stand out the most for you and are most important in your life right now. Rank them from most important to least important. Use these to answer Step 2.

Step 2: WHAT I VALUE MOST.....

From this list of values (both work and personal), select the ten that are most important to you-as guides for how to behave, or as components of a valued way of life. Feel free to add any values of your own to this list.

Achievement	Friendships	Physical challenge
Advancement and promotion	Growth	Pleasure
Adventure	Having a family	Power and authority
Affection (love and caring)	Helping other people	Privacy
Arts	Helping society	Public service
Challenging problems	Honesty	Purity
Change and variety	Independence	Quality of what I take part in
Close relationships	Influencing others	Quality relationships
Community	Inner harmony	Recognition (respect from others, status)
Competence	Integrity	Religion
Competition	Intellectual status	Reputation
Cooperation	Involvement	Responsibility and accountability
Country	Job tranquility	Security
Creativity	Knowledge	Self-respect
Decisiveness	Leadership	Serenity
Democracy	Location	Sophistication
Ecological awareness	Loyalty	Stability
Economic security	Market position	Status
Effectiveness	Meaningful work	Supervising others
Efficiency	Merit	Time freedom
Ethical practice	Money	Truth
Excellence	Nature	Wealth
Excitement	being around people who are open and honest	Wisdom
Fame	Order (tranquility, stability, conformity)	Work under pressure
Fast living	Personal development	Work with others
Financial gain	Freedom	Working alone

Step 3: ELIMINATION

Now that you have identified ten, imagine that you are only permitted to have three values. Which **three** would they be?

My top three values are:

1.....

2.....

3.....

And another, to bring our list down to two.

Finally cross off one of your two values. Which is the one item on the list that you care most about?

The value I place highest in my life is.....???

How are you achieving this in your life right now?.....???

Step 4. TAKING ACTION

What do you need to do to reflect your top 3 values more in your life right now?

1.....?

2.....?

3.....?