

Dr John Demartini Values Determination Worksheet



The Demartini Value Determination Process®

Determine your values, step by step

The Demartini Value Determination Process® developed by Dr John Demartini, author, educator, leadership and performance specialist. This is a multi-step process in which you keep refining your answers until your hierarchy of values finally emerges with crystal clarity.

Step One:

Answer the following 13 questions

1. How do you fill your personal space?

Have you ever noticed how things that are really not important to you go into the trash, the attic, or the storage closet? By contrast, you keep the things that are important to you where you can see them, either at home or at work.

What does your life demonstrate through your space? When you look around your home or office, do you see family photos, sports trophies, business awards, books? Do you see beautiful objects, comfortable furniture for friends to sit on, or souvenirs of favorite places you've visited? Perhaps your space is full of games, puzzles, DVDs, CDs, or other forms of entertainment. Whatever you see around you is a very strong clue as to what you value most.

What 3 things fill your space?

2. How do you spend your time?

Here's something you can count on: people always make time for things that are really important to them and run out of time for things that aren't. Even though people usually say, "I don't have time for what really I want to do," the truth is that they are too busy doing what is truly most important to them. And what they think they want to be doing isn't really what's most important. You always find time for things that are really important to you. Somehow, you figure it out.

So how do you spend your time? I personally spend my days researching, writing, teaching, and traveling. Those are my four highest values. I always find time for doing them. And I almost never find time for cooking, driving, and doing domestic things, which are low on my list of values. How you spend your time tells you what matters to you most.

In which three ways do you spend your time?

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Dr. John Demartini Values Determination Worksheet is a powerful tool designed to help individuals identify and clarify their core values. Understanding one's values is essential for personal development, effective decision-making, and achieving life goals. Dr. Demartini, a renowned author, speaker, and human behavior expert, has developed this worksheet as part of his broader philosophy that emphasizes the significance of values in shaping a fulfilling life. This article explores the components, benefits, and application of the Values Determination Worksheet, providing insights into how it can transform lives.

Understanding Values

Values are the beliefs and principles that guide our behavior and decision-making. They serve as the foundation for our actions, influencing our priorities and how we interact with the world around us. Values can be intrinsic, such as love, integrity, and creativity, or extrinsic, like wealth, status, and recognition. Recognizing and articulating these values is crucial for personal growth and fulfillment.

The Importance of Identifying Values

1. **Clarity in Decision-Making:** Understanding your values helps streamline decision-making processes. When faced with choices, you can evaluate options based on whether they align with your core beliefs.
2. **Enhanced Motivation:** Knowing what truly matters to you can increase motivation and commitment to your goals. When your actions align with your values, you are more likely to be engaged and persistent.
3. **Improved Relationships:** Recognizing your values can lead to healthier relationships. By understanding what you value, you can communicate better and find common ground with others.
4. **Personal and Professional Growth:** Identifying and living in accordance with your values promotes growth. It encourages you to pursue opportunities that resonate with your beliefs and aspirations.

Dr. John Demartini's Values Determination Worksheet

The Values Determination Worksheet is a structured exercise that guides individuals through the process of discovering their values. It comprises several steps and prompts that facilitate introspection and self-discovery.

Components of the Worksheet

1. **Life Areas Identification:** The worksheet encourages users to reflect on different areas of their lives, such as career, relationships, health, and personal growth. This comprehensive approach ensures that all aspects of life are considered.
2. **Prioritization of Values:** After identifying potential values, users are prompted to prioritize them. This step is crucial, as it helps individuals understand which values are most significant in their lives.

3. Reflective Questions: The worksheet includes a series of reflective questions designed to provoke thought and deeper understanding. These questions may include:

- What activities make me feel the most fulfilled?
- When do I feel the most alive and engaged?
- What qualities do I admire in others?

4. Values Alignment: Users are guided to assess whether their current lifestyle and choices align with their identified values. This reflection can reveal discrepancies that may need to be addressed.

5. Action Plan Development: Finally, the worksheet encourages individuals to create an action plan based on their values. This may involve setting specific goals, making lifestyle changes, or pursuing new opportunities that resonate with their core beliefs.

Benefits of Using the Values Determination Worksheet

The Values Determination Worksheet offers several advantages that contribute to personal growth and fulfillment.

Self-Awareness and Understanding

Completing the worksheet fosters self-awareness, enabling individuals to understand themselves better. By articulating their values, users gain insight into their motivations and desires, leading to a clearer sense of identity.

Goal Setting and Achievement

Once values are identified, individuals can set goals that align with their beliefs. This alignment increases the likelihood of achieving those goals, as the motivation derived from personal values drives sustained effort and commitment.

Conflict Resolution

Understanding one's values can help in resolving internal and external conflicts. When faced with a dilemma, individuals can refer back to their core values to guide their decisions, leading to more harmonious outcomes.

Enhancing Life Satisfaction

Living in alignment with one's values is linked to greater life satisfaction. Individuals who actively pursue what matters most to them often experience increased happiness and fulfillment.

How to Use the Values Determination Worksheet Effectively

To maximize the benefits of the Values Determination Worksheet, consider the following tips:

1. **Set Aside Time:** Dedicate uninterrupted time to complete the worksheet. This process requires reflection, so a quiet environment is essential.
2. **Be Honest and Open:** Approach the exercise with honesty. Authenticity is key to uncovering true values, so refrain from social pressures or expectations.
3. **Review and Revise:** After completing the worksheet, revisit it periodically. Values can evolve over time, and regular reflection ensures that your goals and actions remain aligned with your current beliefs.
4. **Seek Feedback:** Sharing your values with trusted friends or mentors can provide additional insights. They may offer perspectives that can deepen your understanding.
5. **Implement Changes:** Use the insights gained from the worksheet to make meaningful changes in your life. Whether it's altering your career path or adjusting personal relationships, taking action is crucial.

Conclusion

Dr. John Demartini's Values Determination Worksheet is more than just a tool; it is a pathway to self-discovery and personal empowerment. By identifying and articulating one's core values, individuals can gain clarity, enhance motivation, and foster personal growth. The process of completing the worksheet encourages reflection and introspection, ultimately leading to a more authentic and fulfilling life. Embracing one's values is an ongoing journey, and the worksheet serves as a valuable guide along the way. By understanding what truly matters, individuals can make choices that resonate with their authentic selves, paving the way for a life of purpose and satisfaction.

Frequently Asked Questions

What is the purpose of Dr. John Demartini's Values

Determination Worksheet?

The Values Determination Worksheet is designed to help individuals identify their core values, which can guide their decision-making and align their lives with what is truly important to them.

How can the Values Determination Worksheet benefit personal growth?

By clarifying personal values, the worksheet allows individuals to focus on what matters most, leading to more purposeful actions, improved motivation, and enhanced overall well-being.

Is the Values Determination Worksheet suitable for everyone?

Yes, the worksheet is applicable for individuals from various backgrounds and can be beneficial for anyone looking to understand their values better and improve their life direction.

What kind of questions are included in the Values Determination Worksheet?

The worksheet includes reflective questions that prompt individuals to consider their passions, what they prioritize in life, and experiences that have shaped their values.

How long does it typically take to complete the Values Determination Worksheet?

Completion time can vary, but it generally takes about 30 minutes to an hour, depending on the individual's depth of reflection and engagement with the questions.

Can the Values Determination Worksheet be used in a group setting?

Yes, it can be effectively used in workshops or group settings where participants can share insights and discuss their values, fostering a deeper understanding of themselves and each other.

How often should someone revisit their Values Determination Worksheet?

It's beneficial to revisit the worksheet periodically, such as annually or during major life changes, to ensure alignment with evolving values and life circumstances.

Are there any resources available to accompany the

Values Determination Worksheet?

Yes, Dr. John Demartini offers various resources, including books, seminars, and online courses that delve deeper into understanding and applying personal values.

What impact can understanding one's values have on relationships?

Understanding personal values can improve relationships by fostering better communication, reducing conflicts, and helping individuals find common ground with others who share similar values.

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