# **Values Determination Process**

Did you know that there is one factor that determines how fulfilling your life is?

That if you just knew this one factor you would be more fulfilled, have less stress and better health, more wealth and be more ‘successful’ in every area of your life?

That one factor is your hierarchy of values.

If you truly know yourself and what is important to you (your values) and live a life that is aligned with that #1 value you will have a fulfilling life.

You won’t be able to avoid all pain and get only pleasure or live a life of all positives and no negatives because that doesn’t exist. But you will be living a life where you get to take on challenges that inspire you instead of challenges that frustrate you.

The values determination process is designed to determine what is most valuable to you in your life, what is your highest priority and what your life revolves around.

There are certain things that you do in your life that you will do spontaneously because you love doing them. For some people, these activities are glaringly obvious, for others they don’t even realize they are doing them because they do them automatically.

When someone knows themselves and knows what is truly important to them and they start to fill their day with activities that align with those values, their self-worth, achievements and fulfilment in life will start to grow because they are starting to honour themselves and find meaning in their life, investing time into things that they naturally excel at.

Becoming conscious of your hierarchy of values is a very powerful process because you filter your reality through your values, they determine how you perceive and act in the world.

Be careful as you go through these questions to answer them as truthfully as possible, write what your life is currently demonstrating, what you actually do and not what you wish or hope to do in the future.

**Step 1: For each of the questions below write your top 3 answers:**

1. **How do you fill your space most?**

The things that we value most we tend to keep close to us in our space, think about what you carry around with you, what you will always pack with you when travelling, if there was a fire what would you want to go and save, what’s in your bedroom/office desk/the room you spend the most time in. Look around you, what stands out? The things we value least we either put in an attic or storage or maybe in the bin.

*(eg. If I walk into someone’s office cubicle where they work and see photos of family everywhere or if I walk into the next cubicle and there are certificates and sports trophies everywhere I look, I would write that down)*

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. How do you spend your time most?**

Besides sleep, if I was to follow you around with a stopwatch all day what would be the top 3 things you spend your time on? You always make time for what’s important, you will run out of time for what isn’t.

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. What energises you most?**

What energises you? What do you always have energy for? What is it that you do where you may find you have more energy at the end of the activity than when you started it?

If you were tired and about to go to bed, what is it that if you had the opportunity to do it you would get out of bed for and all of a sudden by energised to do?

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. How do you spend your money the most?**

If I was to read your bank statement where does the majority of your money go to?

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5. Where are you the most organised and ordered?**

The things that we value most we tend to organise and bring order to.

*Eg. Warren Buffet keeps his finances very organised and Arnold Schwarzenegger has a very ordered gym routine.*

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**6. Where are you most disciplined, reliable and focused?**

What do you do automatically that no one needs to remind you to do? What do you do without even thinking about it? What do always make sure you get done without fail? What do you focus on and find hard to get distracted from?

*Eg. Someone whos highest value is being a mother would be reliable to care for her kids, she would be ‘disciplined’ to cook her children’s meals, focused on her child’s development.*

*Someone who isn't at all interested in mothering may see these activities as a chore and would need incentives to do them.*

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**7. What do you think about most?**

What do you dominate your thoughts on?

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**8. What do you envision or visualize the most and then see evidence of coming true in your life?**

Only write the things that you visualise and then see results of happening in your life. Don’t write any one-sided fantasy with no evidence in your life of coming true.

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**9. What do you internally dialogue about most?**

What do you internally talk to yourself about that is meaningful and that you take action on or can see coming about in your life?

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**10. What do you externally dialogue about most?**

What do you like talking to others about? What do you steer the conversation towards? What are your most common and interesting topics of conversation? What are you an expert on?

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**11. What inspires you the most?**

What are you inspired by, what is common to the things/people/places that inspire you?

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**12. What do you set goals towards the most that you have achieved or show evidence of coming true?**

Only write the goals that have evidence of coming true or that you have regularly achieved. Especially don’t write any goals that you have set but not taken action on.

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**13. What do you read or study about most?**

What topics inspire you? What subjects do the non-fiction books/online videos/articles you watch/read revolve around? What section of a magazine/newspaper do you read? What websites do you frequent?

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Step 2:** Once you have answered all the questions you may notice patterns emerging and certain subjects repeating. The next step is to highlight similar answers with the same colour so you are grouping similar responses under the one heading.

Eg. Calling my friends on the phone, having friends over, going out for a drink with a friend.

**Step 3:** Once you have finished grouping similar answers with colours, go over and add up how many responses each coloured category has and write each category in order below to find your hierarchy of values.

**My Highest Values:**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**Step 4: From age 0-10 what did you perceive to be most missing in your life?**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**From age 11-21 what did you perceive to be most missing in your life?**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Congratulations you are one massive step closer to truly knowing yourself and living a more fulfilling life!

Please email this completed form to info@andycampbell.com.au

Reference is made to Dr John Demartini and his work on values.