

## HOW TO FIND YOUR VALUES: THE SIGNALS

Write at least 3 items for each of the following twelve value determinants. By noticing where you expend your energy, it should become clear what your highest values are.

How do you fill your space(s)	What do you think about most
How do you spend your time	What do you envision or visualize most
How do you spend your energy	What do you internally dialogue about most
How do you spend your money	What do you externally dialogue about most
Where are you most organized	What do you react to most
Where are you most disciplined	What do you set goals toward most

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