Version
1.0

THE HEART OF VALUES DISCOVERY SET

A free practice from The Heart of Values
Reclaiming Authenticity, Clarity & Purpose

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This guide is offered for reflection and growth.

HeartRich.ca

CORE VALUES DISCOVERY

EXERCISE SET

Find the values that are actually yours.

What's inside:

→ Exercise 01 — Reflecting on the highs and lows (with reflection prompts)

→ Exercise 02 — The embodied check: feeling your values in the body

→ Exercise 03 — Prioritizing: finding your north star value

→ The values word list — 32 common values as a starting prompt

→ The values vs. needs distinction — a reference summary

> **A NOTE ON HOW TO USE THIS**
>
> These exercises are designed to be done slowly, with a journal open beside you. There's no right order and no right answers — only honest ones.
>
> This set works backward from your life rather than forward from a list. Take your time. Return to it. Values clarity is cumulative.

Part of the HeartRich Self Leadership body of work.

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EXERCISE 01

Reflect on the Highs & Lows

20–30 MINUTES · JOURNAL OR OPEN DOCUMENT

Most values frameworks ask you to choose from a list. This one asks you to look at your life. The moments where you felt most alive, most aligned — and the moments where something was clearly wrong. Your values are already showing up in both.

Work through the steps below with a journal or open document beside you. Write briefly at each step — not to get it right, but to see what's there.

1. Think of two or three moments when you felt most alive, most like yourself, most in alignment with something that mattered. They don't need to be grand — a quiet conversation, a decision that cost you something but felt right, a moment of genuine contribution. Write about each one briefly: what was happening, what you were doing, who you were being.

2. Now think of two or three moments of the opposite — when you felt most out of alignment, most hollow, most like you'd betrayed something. Not necessarily dramatic. Write briefly about each one.

3. Read back what you wrote. In the moments of alignment, what was present? What were you honoring — about yourself, about others, about what matters? In the moments of hollowness,

what was absent or violated? Look for the patterns underneath the specific events.

4. From what you've written, name three to five words or phrases that appear in the moments of alignment. Don't overthink the language — write what comes first. These are initial candidates for your values, not final answers.

REFLECTION PROMPTS

- → *What would I do differently if I trusted that these values were worth the cost?*
- → *When I imagine living more fully from these principles — what changes? What becomes possible?*
- → *What becomes unnecessary?*

Your notes:

EXERCISE 02

The Embodied Check

10 MINUTES · QUIET SPACE, NO DISTRACTIONS

Your mind can name values that belong to someone else. Your body is harder to fool. This exercise works with the candidate values you surfaced in Exercise 01 — and asks you to sense, rather than think, which ones have real life in them for you.

1. Take the candidate values you named in Exercise 01. Read each one slowly, one at a time. As you read each word, notice what happens in your body before your mind has time to analyze it. Is there a sense of expansion — a slight opening, a feeling of recognition? Or does it feel flat, neutral, or vaguely obligatory?

2. The values that create expansion — that feel like a genuine yes somewhere in your chest or gut — are pointing toward something real. The ones that feel flat may be inherited, aspirational, or need-driven rather than genuinely yours.

3. This isn't about eliminating candidates — it's about sensing which ones have life in them for you. Mark the ones that resonated most. Sit with any that surprised you.

REFLECTION PROMPTS

→ *Does this value make my heart expand — a felt sense of recognition, not just approval?*

→ *Do I feel a deep, undeniable yes in my body?*

→ *Does living this value make me feel more whole, more alive, more true to myself?*

IF YOUR MIND AND BODY DISAGREE

If a value looks right on paper but produces flatness or mild obligation in the body, hold it loosely. It may be an inherited value — one that was given to you rather than discovered. It may also be a value you genuinely hold but aren't yet ready to fully claim. Both are worth noting.

Your resonant values (from the embodied check):

EXERCISE 03

Prioritize
Find Your North Star Value

15–30 MINUTES · THE HARDEST AND MOST USEFUL STEP

Having a list of values is useful. Knowing which one matters most — especially when they compete — is essential. In real life, values pull in different directions. Honesty and harmony. Courage and security. Loyalty and truth. Your hierarchy matters more than your list.

1. Look at your resonant values from Exercises 01 and 02. You likely have five to eight. Now comes the harder work: prioritizing. Start by asking — which two or three feel most essential? Not aspirational. Essential: the ones you would feel most out of alignment without.

2. Ask yourself: If I could only live by one of these values for the rest of my life — which one would I choose? This question isn't meant to be answered quickly. It's meant to be felt. Put it aside and sleep on it if needed.

3. That value — the one that feels like it would orient everything else — is your north star value. Not the only value that matters. But the one that lights the way when the others pull in different directions.

4. Write it down. Then write a sentence or two about what it means to you specifically — not a dictionary definition, but what it means in your life, your relationships, how you want to move through the world.

REFLECTION PROMPTS

→ *In dark moments, when I've felt most lost — what value has actually guided me back?*

→ *What is the one thing I would not want to look back and see I had abandoned?*

→ *If someone who loved me were asked what I stand for — what would they say?*

Values don't make life easier. They make it clearer. And clarity, over time, builds the kind of courage that grit alone never could.

My north star value:

What it means to me, specifically:

REFERENCE

Values Word List

Sometimes it helps to have language in front of you — not to choose from, but to use as a prompt when you can sense a value but can't quite name it. Let these spark recognition rather than selection. Your value may be a word that doesn't appear here. Trust what resonates over what's offered.

Authenticity	Belonging	Compassion	Contribution
Courage	Creativity	Dignity	Fairness
Family	Freedom	Growth	Honesty
Humility	Integrity	Joy	Justice
Kindness	Leadership	Love	Loyalty
Meaning	Openness	Patience	Peace
Perseverance	Play	Purpose	Respect
Responsibility	Service	Trust	Wisdom

This list is a starting point, not a boundary. Your deepest value may not appear here at all.

REFERENCE

Values vs. Needs: Understanding the Difference

This is one of the most clarifying distinctions in values work — and one of the least discussed in popular frameworks. Before your values can be genuinely trusted, it helps to know which ones are actually yours versus which ones are standing in for unmet needs.

NEEDS	VALUES
→ Universal — shared by all humans	→ Deeply personal — yours won't look like anyone else's
→ Essential conditions for wellbeing	→ Guiding principles you organize your life around
→ Safety, belonging, autonomy, competence, meaning	→ Integrity, courage, connection, creativity...
→ When unmet: drive protective behavior	→ When violated: felt sense of betrayal, not just discomfort
→ When met: we can act from values more freely	→ A value is what you choose even when it costs you something

The key question

If this need were fully met — if I felt genuinely safe, genuinely loved, genuinely enough — would I still organize my life around this principle?

If yes: likely a genuine value. If uncertain, or if it feels more like a survival strategy than a source of meaning: look underneath it. There's something there worth finding.

A COMMON PATTERN

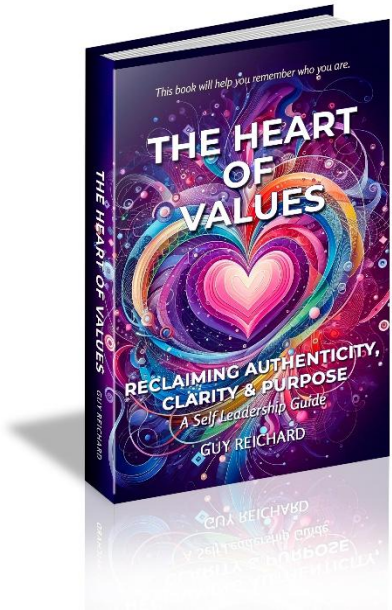
Someone with a chronically unmet safety need might list security as their top value and organize their entire life around avoiding risk — missing, in the process, the authenticity, connection, or growth they actually long for.

The need is real. But the value as stated may be more about protection than genuine preference. Both need attention — but they call for different responses.

What's Next

If something landed here — if a question is still sitting with you, or a value is becoming clearer — the work has already begun.

These exercises are drawn from The Heart of Values. The full guide goes considerably further — including the emotional literacy work, 20 Soul-Stirring Provocations, values-aligned communication, and 13 embodiment practices. Built to be returned to, not just completed.



The Heart of Values: Reclaiming Authenticity, Clarity & Purpose Self Leadership Guide

https://www.heartrich.ca/product/the-heart-of-values

About the Author

Guy Reichard

Guy Reichard is a Self Leadership, Resilience, and Executive Coach, author, and creator of the HeartRich body of work — a growing ecosystem of frameworks, books, and tools designed to help people understand themselves more deeply and lead themselves more wisely.

His heart-centered work integrates inner parts awareness, nervous system literacy, emotional intelligence, values-based living, and trauma-informed principles into a grounded, practical, and compassionate approach to personal growth and leadership. Through his books, essays, client guides, and the *Who's On Your Crew?* assessment, people gain language for their inner experience, clarity about their patterns, and a stronger sense of self-direction.

For those who want deeper, personalized support, Guy offers coaching as the most direct expression of this work — a thoughtful, nonjudgmental space to explore challenges, strengthen Self Leadership, and live with greater authenticity, resilience, and purpose.

Your values don't just guide what you do.
They remind you who you are.

Guy's Books

The Heart of Values: Reclaiming Authenticity, Clarity & Purpose
A Self Leadership Guide

and

How to Talk Amongst Your Selves:
A Beginner's Guide to Self Leadership

More resources, tools, and writing are available at

HeartRich.ca