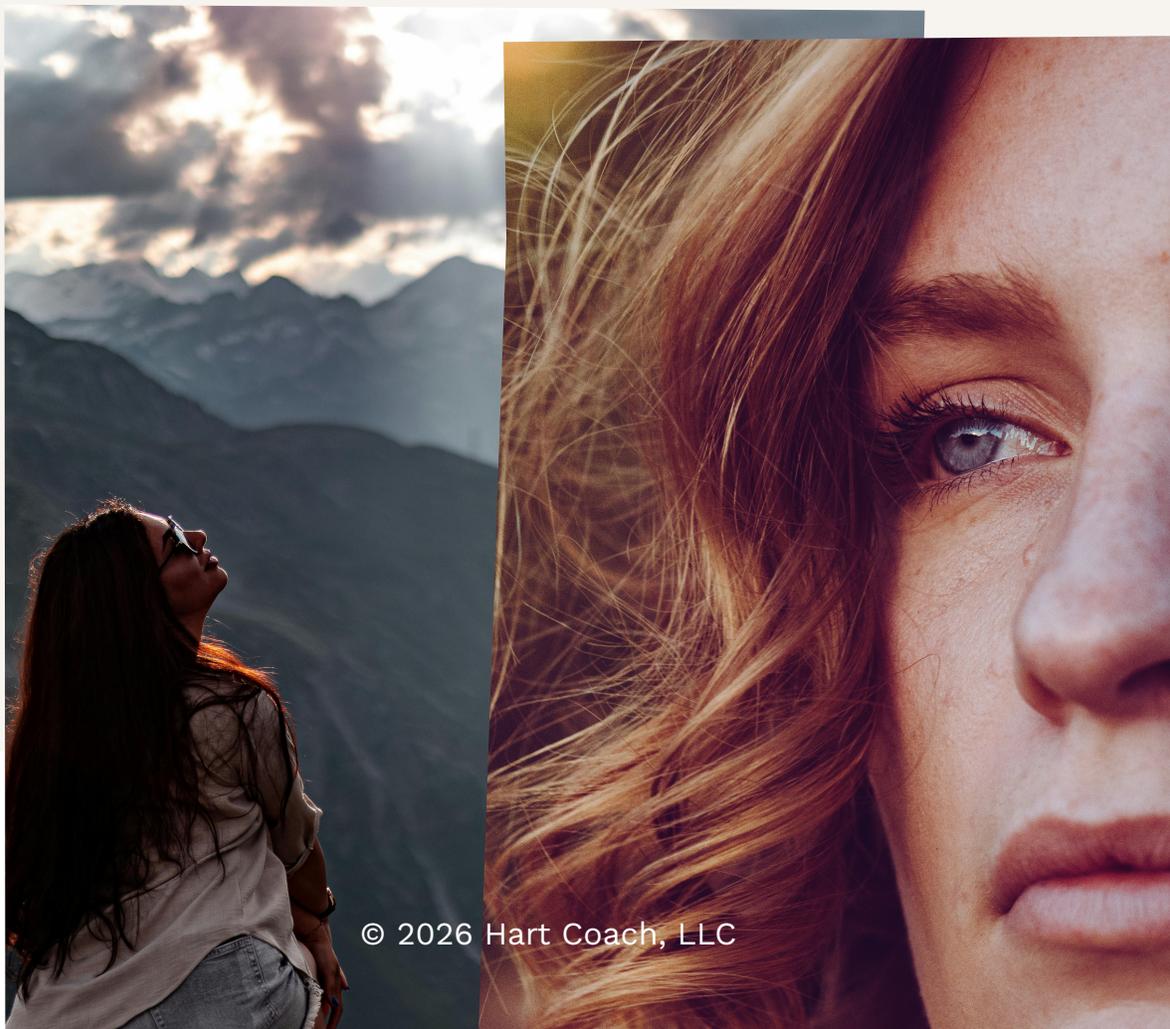


VALUES FOR EMBODIED LIVING

BY MEGAN HART

Values are not merely ideals to strive for—they are living currents that flow through your being. When balanced, they root you into the essence of who you are; when distorted, they invite awareness and integration. This guide helps you sense where each value is alive, overactive, or dormant, so you can return to harmony with your own embodied wisdom.



Introduction

HOW TO USE THIS GUIDE



I invite you to print this out and make it tactile — circle what resonates, highlight what calls you, jot down what stirs within.

Brew a warm cup of tea, light a candle, and settle into a space of reflection. Let your body be part of the process — stretch, sway, or find a posture that feels true to the value you're exploring.

If you've worked with values before, this will offer a fresh, embodied perspective.

If you're new to this work, welcome — may it become a touchstone you return to again and again.

*“Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. **Your habits become your values. Your values become your destiny.**” -Gandhi-*

Section 1

IDENTIFY YOUR

This list isn't meant to be exhaustive — these 200 values are simply a starting point to spark reflection. First, circle the 50 that feel most alive or meaningful to you right now. Then out of those 50, narrow down to your top 20. Then, narrow it down to your core 5. If it feels difficult to choose - good! There's no bad value to choose - they are all inherently good. You're just honing in on the unique combination of values that align most with your core nature.

Abundance	Collaboration	Ease	Growth
Acceptance	Commitment	Empathy	Harmony
Accountability	Communication	Empowerment	Health
Adaptability	Compassion	Encouragement	Heart
Adventure	Confidence	Energy	Helpfulness
Affection	Connection	Enjoyment	Honesty
Agility	Consistency	Enthusiasm	Honor
Altruism	Contentment	Equality	Hope
Ambition	Contribution	Excellence	Humility
Appreciation	Courage	Faith	Humor
Artistry	Creativity	Faithfulness	Imagination
Authenticity	Curiosity	Family	Inclusion
Awareness	Daring	Flexibility	Independence
Balance	Decisiveness	Flow	Ingenuity
Beauty	Delight	Forgiveness	Inner Peace
Belonging	Dependability	Freedom	Innovation
Bravery	Determination	Friendship	Integrity
Calm	Devotion	Fun	Intimacy
Care	Dignity	Generosity	Intuition
Celebration	Discipline	Gentleness	Joy
Charity	Discernment	Grace	Justice
Clarity	Discovery	Gratitude	Kindness

Knowledge	Poise	Sensitivity	Thoroughness
Leadership	Presence	Sensuality	Thoughtfulness
Learning	Prosperity	Serenity	Timeliness
Liberty	Purpose	Service	Tolerance
Listening	Quality	Sexuality	Tradition
Love	Quiet	Simplicity	Transcendence
Loyalty	Radiance	Sincerity	Trust
Mastery	Recognition	Skillfulness	Truth
Mindfulness	Reflection	Softness	Understanding
Modesty	Relationship	Solitude	Unity
Nature	Reliability	Soulfulness	Valor
Novelty	Religion	Spaciousness	Variety
Nurturing	Renewal	Spirituality	Vision
Openness	Respect	Spontaneity	Vitality
Optimism	Responsibility	Stability	Vulnerability
Order	Rest	Steadfastness	Warmth
Passion	Sacredness	Stillness	Wealth
Patience	Safety	Strength	Well-being
Peace	Satisfaction	Structure	Wholeness
Perseverance	Security	Support	Wisdom
Play	Self-Expression	Sustainability	Wonder
Pleasure	Self-Love	Tenderness	Zeal
		Thankfulness	

If there are any values not listed here that you'd like to include in your top 20 or top 5, please write them below:

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Section 2

YOUR TOP 5

When we hone in on our top 3–5 values in life, we are better able to make difficult decisions and navigate seasons of uncertainty.

Example:

If *Freedom* and *Authenticity* are among your top values, you might choose to leave a stable job that feels constraining, trusting that creating your own path (even if uncertain) aligns more deeply with who you are. Rather than making choices out of fear or obligation, you're guided by what truly matters to you.

We can also sense where we may not be living fully into our values.

Example:

If you deeply value *Health* but find yourself consistently overworking or skipping meals, your body may start signaling the misalignment through fatigue or tension. This awareness invites gentle course correction — perhaps setting clearer boundaries or creating nourishing rituals that realign you with your value of well-being.

And, we can sense if our top 3–5 values are too similar — we may intentionally invite or replace 1–2 values with ones that bring more harmony in our lives.

Example:

If your top values are *Growth, Achievement, Mastery, Excellence,* and *Discipline,* life might start to feel overly effortful or rigid. Inviting in values like *Joy* or *Rest* can restore balance — allowing expansion to coexist with ease, and productivity to flow from a more nourished place.

“If you don't stick to your values when they're being tested, they're not values: they're hobbies.” -Jon Stewart-

List out your top 5, and any accompanying reflections, thoughts and feelings.

Where are they in balance? Where are they excessive or deficient? All 5 together, wholistically, do they feel well-rounded? If not, which one(s) might you adjust to invite a fuller sense of values?



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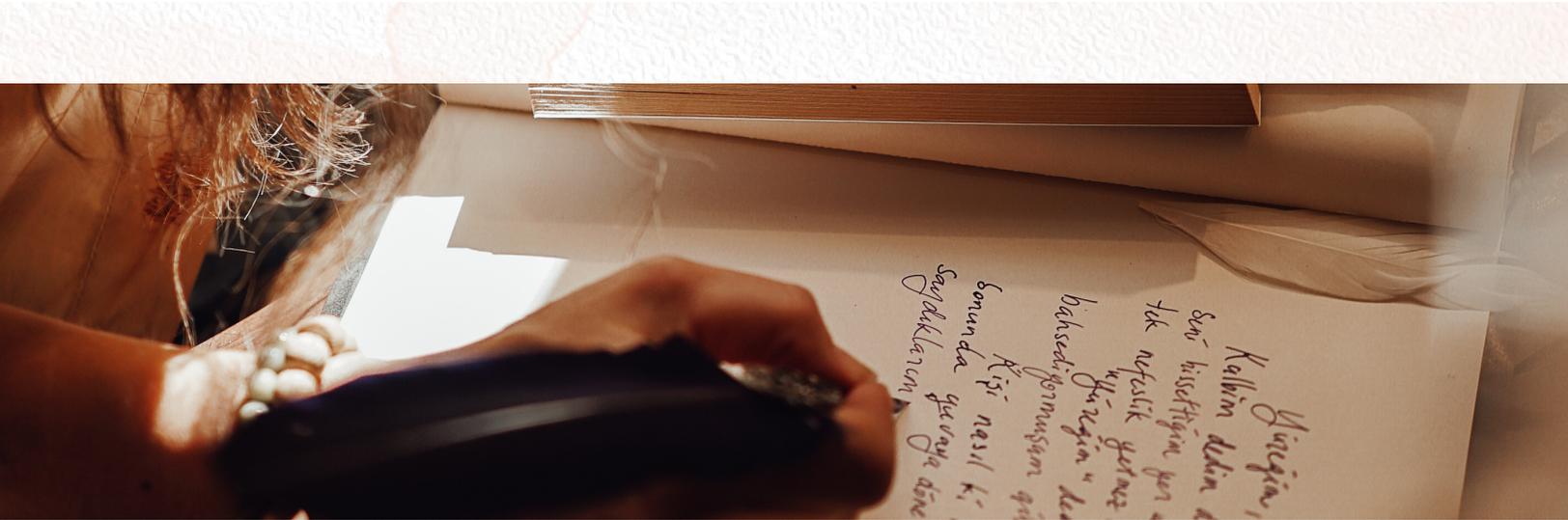


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Section 3

REFINING



In the next few pages, you'll see a list of values and examples of what it might look/feel like if they are out of balance. Write down any further reflections that arise when looking over this list.

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Value	Embodied Expression (Balanced)	Out of Balance
Abundance	Trust in sufficiency and flow; a sense that there is enough.	Excess: Greed, overindulgence. Deficiency: Scarcity mindset, fear.
Adventure	Courageous exploration of life's edges; embracing the unknown.	Excess: Risk addiction. Deficiency: Fear of change, safety-seeking.
Authenticity	Honest self-expression; congruence between inner truth and outer life.	Excess: Oversharing, self-focus. Deficiency: Masking, people-pleasing.
Balance	Harmony among body, mind, and spirit.	Excess: Over-management, perfectionism. Deficiency: Extremes, chaos.
Beauty	Sensual appreciation of life; seeing the sacred in all things.	Excess: Vanity, perfectionism, superficiality. Deficiency: Neglect, numbness, disconnection from the senses.
Clarity	Seeing truth without distortion; mental and emotional coherence.	Excess: Harsh precision, rigidity. Deficiency: Confusion, denial.
Community	A felt sense of belonging and shared purpose.	Excess: Groupthink, dependency. Deficiency: Isolation, alienation.
Compassion	Tender strength; empathy with healthy boundaries.	Excess: Martyrdom, over-responsibility. Deficiency: Coldness, indifference.
Connection	Genuine attunement with self, others, and life.	Excess: Enmeshment. Deficiency: Isolation, emotional withdrawal.
Courage	Acting with heart despite fear.	Excess: Recklessness, domination. Deficiency: Avoidance, timidity.
Creativity	Channeling imagination into form; playful innovation.	Excess: Chaos, lack of structure. Deficiency: Stagnation, imitation.
Curiosity	Genuine wonder, openness to learning.	Excess: Nosiness, over-analysis. Deficiency: Closed-mindedness, apathy.
Devotion	Wholehearted commitment to love or purpose.	Excess: Obsession, over-attachment. Deficiency: Apathy, distraction.
Discipline	Consistent, aligned action toward purpose.	Excess: Control, rigidity. Deficiency: Laziness, inconsistency.
Faith	Trust in the unseen; surrender to divine timing.	Excess: Blind belief, denial of reality. Deficiency: Cynicism, despair.
Faithfulness	Reliability and loyalty in love, work, or purpose.	Excess: Rigidity, resistance to change. Deficiency: Fickleness, betrayal.

Value	Embodied Expression (Balanced)	Out of Balance
Forgiveness	Releasing resentment; choosing freedom and peace.	Excess: Bypassing, enabling. Deficiency: Grudge-holding, vengeance.
Freedom	Inner spaciousness and choice; living guided by truth, not fear.	Excess: Rebellion, irresponsibility. Deficiency: Conformity, control.
Generosity	Sharing freely from overflow.	Excess: Overgiving, depletion. Deficiency: Withholding, stinginess.
Gratitude	Deep appreciation for life's gifts.	Excess: Bypassing discomfort. Deficiency: Entitlement, bitterness.
Growth	Expanding capacity for love, awareness, and resilience.	Excess: Obsession with self-improvement. Deficiency: Stagnation, complacency.
Healing	Integration of body, mind, and spirit.	Excess: Obsession with fixing. Deficiency: Avoidance of pain.
Honesty	Clear, sincere communication.	Excess: Brutal candor, insensitivity. Deficiency: Deception, avoidance.
Hope	Expectation of goodness and renewal.	Excess: Delusion, denial. Deficiency: Despair, cynicism.
Humility	Confidence without superiority; receptive to learning.	Excess: Self-deprecation. Deficiency: Arrogance, pride.
Integrity	Alignment between words, actions, and values.	Excess: Moral rigidity, perfectionism. Deficiency: Inconsistency, compromise.
Joy	Natural radiance and delight in being.	Excess: Toxic positivity, denial of pain. Deficiency: Apathy, heaviness.
Justice	Upholding fairness and moral equity.	Excess: Vengeance, rigidity. Deficiency: Indifference, apathy.
Kindness	Gentle strength; warmth and care in action.	Excess: People-pleasing, lack of boundaries. Deficiency: Harshness, cruelty.
Learning	Openness to wisdom and growth.	Excess: Analysis paralysis. Deficiency: Complacency, arrogance.
Love	Openhearted connection and reciprocity.	Excess: Clinging, over-identification. Deficiency: Withholding, avoidance.
Novelty	Embracing fresh experience and curiosity.	Excess: Restlessness, distraction. Deficiency: Stagnation, fear of change.

Value	Embodied Expression (Balanced)	Out of Balance
Order	Structure that supports flow and peace.	Excess: Control, rigidity. Deficiency: Chaos, neglect.
Patience	Steadiness through timing and process.	Excess: Passivity, procrastination. Deficiency: Impatience, irritation.
Peace	Inner calm and acceptance; centered presence.	Excess: Avoidance of conflict, apathy. Deficiency: Agitation, reactivity.
Play	Joyful spontaneity and creativity.	Excess: Escapism, avoidance. Deficiency: Rigidity, seriousness.
Playfulness	Light-hearted approach to life's challenges.	Excess: Flakiness. Deficiency: Over-responsibility.
Presence	Fully awake and grounded in the now.	Excess: Over-intensity, self-consciousness. Deficiency: Distraction, dissociation.
Respect	Valuing dignity—of self, others, and life.	Excess: Deference, rigidity. Deficiency: Disrespect, disregard.
Responsibility	Ownership of actions and impact.	Excess: Overcontrol, guilt. Deficiency: Blame, avoidance.
Safety	Grounded sense of stability and trust.	Excess: Overcontrol, rigidity. Deficiency: Anxiety, chaos.
Service	Giving from fullness to uplift others.	Excess: Martyrdom, burnout. Deficiency: Selfishness, disengagement.
Simplicity	Clarity through minimalism and intention.	Excess: Austerity, denial of pleasure. Deficiency: Overconsumption, clutter.
Surrender	Letting go into trust and divine flow.	Excess: Passivity, victimhood. Deficiency: Control, resistance.
Truth	Living and speaking in alignment with inner knowing.	Excess: Rigidity, harshness. Deficiency: Dishonesty, avoidance.
Trust	Confidence in self, others, and life's unfolding.	Excess: Naïveté, poor boundaries. Deficiency: Suspicion, control.
Wisdom	Integrated understanding from experience and intuition.	Excess: Arrogance, over-analysis. Deficiency: Naïveté, gullibility.

Section 4

ACTION

How will you embody your top 5 values?

What actions, non-actions, behaviours, thoughts and/or beliefs need to be practiced in order to allow these values to shape you?

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Value 2:

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Value 3:

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Value 4:

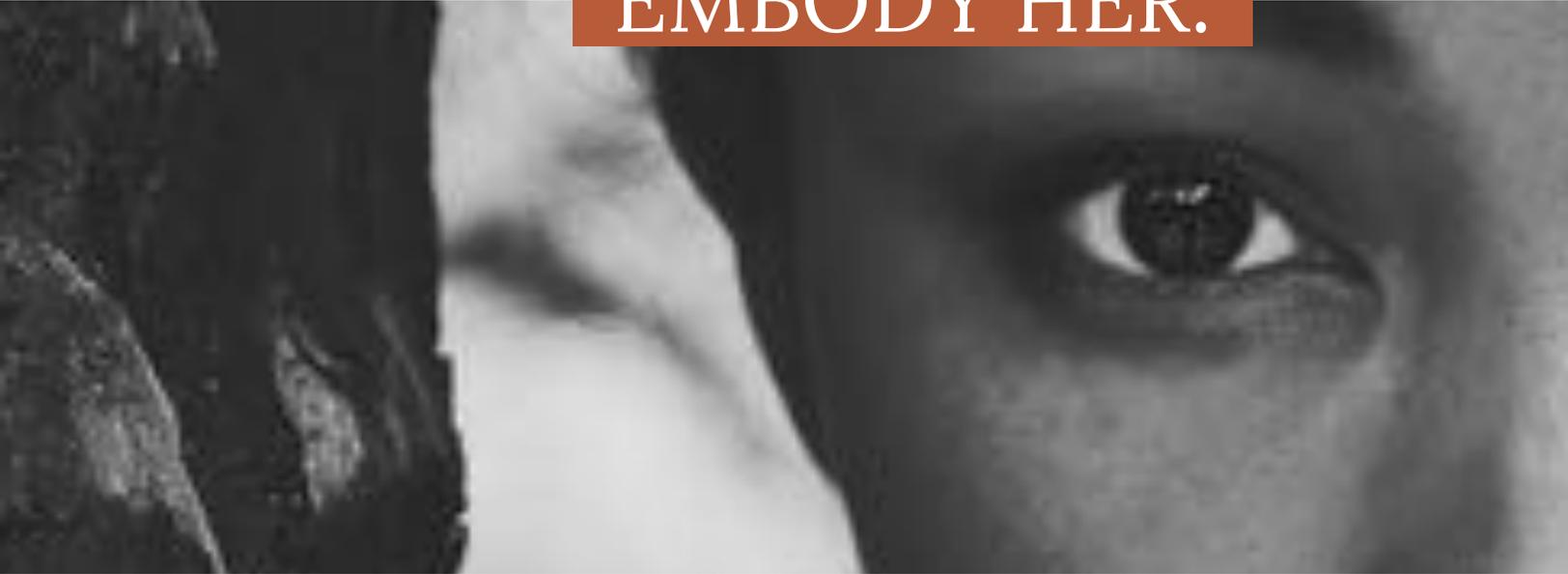
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Value 5:

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Practice

EMBODY HER.



“Achievement of your happiness is the only moral purpose of your life, and that happiness, not pain or mindless self-indulgence, is the proof of your moral integrity, since it is the proof and the result of your loyalty to the achievement of your values.”

-Ayn Rand-

Now, I want you to take a few minutes to imagine the version of yourself that you’re stepping into.

If it helps, put on some background music that resonates.

You can be seated, standing, moving, or still.

Your eyes can be opened or closed.

And picture, feel, sense, hear, notice - how does the version of you that fully embodies your values show up?

How does she carry herself? Hold herself?

What’s her breath like? How does she speak?

Where is her center? What grounds her?

How does she perceive the world? Others?

additional reflections

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NEXT STEPS:

There are several options for your next steps!

- I strongly recommend keeping this PDF somewhere you can revisit on a regular basis - whether that is during a daily, weekly or monthly reflection.
- Revisit this worksheet yearly and see, What has shifted? What has integrated more? What needs tweaking?
- And, if this exploration has whetted your appetite for more personally curated support, [book a complementary consultation call](#) to see how I can support you.

SCHEDULE A CALL



About
MEGAN.

Megan's values have evolved over the years, yet they consistently return to a core devotion to Discernment, Artistry, Dignity, Delight & Nature. Rooted in the lush Pacific Northwest, she lives in close relationship with land, body, and seasons. Her work is not theoretical - it is practiced, tested, and lived. What she offers is an invitation to come back into right relationship with yourself, guided by what is honest, embodied and real.

