

Finding Your True North



Your Life in Thirds

First third

Middle third

Most recent third

Questions: What has shaped your life? Experiences, choices, people...

What have been your moments of truth?

What are the core values that motivate your life and work?

What are your "Jobs"

Main Job(s)

Care Job(s)

Side Job(s)

Hope Job(s)

Invisible Job/Self-Care Job(s)

Lifequakes and Workquakes

Recall a "lifequake" and/or "workquake" that you've experienced in the past?

How did you navigate it?

What did you learn from it?

Are you in a lifequake or workquake now?

Where are you now?

Think about where you are right now in your life.

"I am at a moment in my life when....."

Ikigai

What is making you come alive at this time?

What gives you energy?

What do you love to do?

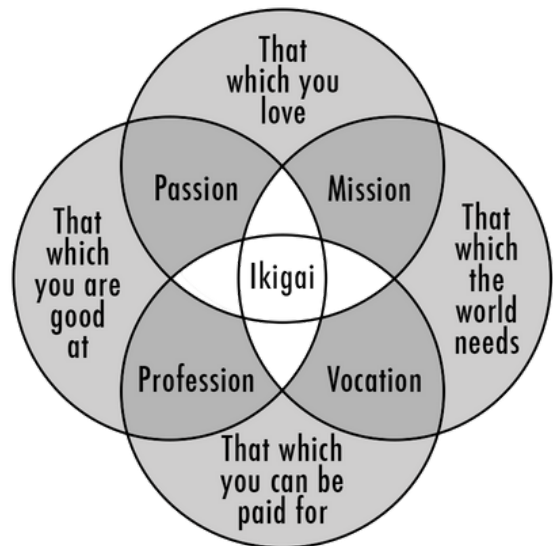
What are you naturally talented at? What are you skilled at?

What are you good at doing?

What does the world need you to do?

What do you feel called to do?

What are you devoted to?



Where is your compass pointing?

When you hone in on your True North, where is your compass pointing?

What does fulfilling work in the workplace look like for you?

What does a fulfilling life look like for you?