

WORKSHEET 1

STEP 1

Find Your True North

This exercise is part of *Overcoming Overwhelm*, chapter 4: "Who Do You Want to Be?"

Your True North Values

Before you dig in, spend five minutes getting quiet and centered in a way that works well for you: sitting quietly, going for a walk, deep breathing—anything that quiets your mind just a little bit.

1. Read through the following list of "Core Values." Circle those that resonate with you on a deep level.
2. Add any additional words or phrases not included on the list that you think may also reflect your own core values.

Core Values

Abundance	Awareness	Charm	Connection
Acceptance	Awe	Chastity	Consciousness
Accomplishment	Balance	Cheerfulness	Consistency
Accuracy	Beauty	Clarity	Contentment
Achievement	Belonging	Cleanliness	Continuity
Adaptability	Benevolence	Clear-mindedness	Contribution
Adventure	Boldness	Closeness	Control
Affluence	Bravery	Collaboration	Conviction
Altruism	Calmness	Comfort	Cooperation
Ambition	Candor	Commitment	Correctness
Amusement	Capability	Communication	Courage
Articulacy	Care	Community	Courtesy
Assertiveness	Celebrity	Compassion	Craftiness
Attentiveness	Certainty	Competence	Creativity
Attractiveness	Challenge	Completion	Curiosity
Authenticity	Charity	Conformity	Daring

Decisiveness	Fame	Influence	Passion
Decorum	Family	Ingenuity	Peace
Dependability	Fashion	Inner peace	Perceptiveness
Depth	Fearlessness	Inquisitiveness	Perfection
Determination	Fidelity	Insightfulness	Perseverance
Devotion	Financial independence	Inspiration	Persistence
Devoutness	Financial security	Integrity	Personal growth
Dignity	Fitness	Intelligence	Philanthropy
Diligence	Flexibility	Intensity	Physical appearance
Diplomacy	Fluency	Intimacy	Piety
Directness	Fluidity	Intuition	Playfulness
Discipline	Focus	Intuitiveness	Pleasure
Discovery	Fortitude	Inventiveness	Poise
Discretion	Frankness	Joy	Popularity
Diversity	Freedom	Judiciousness	Positivity
Dominance	Friendliness	Justice	Potency
Drive	Friendship	Kindness	Power
Duty	Frugality	Knowledge	Practicality
Ease	Fulfillment	Leadership	Pragmatism
Economy	Fun	Learning	Precision
Education	Generosity	Liberation	Preparedness
Effectiveness	Gentility	Liberty	Presence
Efficiency	Giving	Logic	Pride
Elegance	Goodness	Longevity	Privacy
Emotional health	Grace	Love	Professionalism
Empathy	Gratitude	Loyalty	Prosperity
Endurance	Growth	Making a difference	Prudence
Energy	Guidance	Mastery	Purity
Enjoyment	Happiness	Maturity	Quickness
Enlightenment	Harmony	Mellowness	Quietness
Enthusiasm	Health	Meticulousness	Reason
Environmentalism	Healthy living	Mindfulness	Recognition
Equality	Helpfulness	Moderation	Recreation
Equity	Heritage	Modesty	Reflection
Ethics	Holiness	Neatness	Relaxation
Evolution	Holistic living	Nerve	Reliability
Excellence	Honesty	Nonviolence	Religion
Excitement	Honor	Nonconformity	Resilience
Experience	Hopefulness	Obedience	Resolve
Expertise	Hospitality	Open-mindedness	Resourcefulness
Exploration	Humility	Openness	Respect
Expressiveness	Humor	Optimism	Responsibility
Extravagance	Imagination	Order	Restraint
Exuberance	Impact	Organization	Risk taking
Fairness	Independence	Originality	Sacredness
Faith	Individuality	Partnership	Sacrifice

