

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 Perceptiveness Fashion Inner peace Depth Fearlessness Inquisitiveness Perfection Determination Perseverance **Fidelity** Insightfulness Devotion Financial independence Persistence Inspiration Devoutness Financial security Personal growth Integrity Dignity Fitness Philanthropy Intelligence

Diligence Flexibility Intensity Physical appearance

Diplomacy Fluency Intimacy Piety Directness Fluidity Intuition Playfulness Discipline Focus Intuitiveness Pleasure Fortitude Discovery Inventiveness Poise Discretion Frankness Joy Popularity Diversity Freedom Judiciousness Positivity Dominance Friendliness Justice Potency Drive Friendship Kindness Power Duty Practicality Frugality Knowledge Ease Fulfillment Leadership Pragmatism Economy Precision Fun Learning Education Generosity Liberation Preparedness Presence Effectiveness Gentility Liberty

Logic

Longevity

Giving

Goodness

Efficiency

Elegance

Pride

Privacy

Professionalism Emotional health Grace Love **Empathy** Gratitude Loyalty Prosperity Endurance Growth Making a difference Prudence Energy Guidance Purity Mastery Quickness Enjoyment Happiness Maturity Enlightenment Harmony Mellowness Quietness Enthusiasm Meticulousness Reason Health Environmentalism Recognition Healthy living Mindfulness Equality Helpfulness Moderation Recreation Reflection Equity Heritage Modesty **Ethics** Relaxation Holiness Neatness Evolution Holistic living Nerve Reliability Excellence Honesty Nonviolence Religion Excitement Resilience Honor Nonconformity Resolve Experience Hopefulness Obedience

Expertise Hospitality Open-mindedness Resourcefulness

Exploration Humility Respect Openness Expressiveness Humor Optimism Responsibility Extravagance Imagination Order Restraint **Exuberance** Organization Risk taking Impact Fairness Independence Originality Sacredness Faith Sacrifice Individuality Partnership

Saintliness	Skillfulness	Thankfulness	Vitality
Satisfaction	Solidarity	Thoroughness	Warmth
Security	Solitude	Thoughtfulness	Wealth
Self-care	Sophistication	Thrift	Wholesomeness
Self-control	Speed	Tidiness	Willingness
Self-expression	Spirituality	Timeliness	Winning
Self-mastery	Spontaneity	Tolerance	Wisdom
Self-realization	Stability	Traditionalism	Wonder
Self-reliance	Status	Tranquility	Worthiness
Selflessness	Stealth	Transcendence	Youthfulness
Sensitivity	Stick-to-it-ness	Travel	
Sensuality	Stillness	Trustworthiness	
Serenity	Strength	Truth	
Service	Style	Understanding	
Sharing	Success	Uniqueness	
Significance	Sustainability	Unity	
Silence	Sympathy	Usefulness	
Simplicity	Teamwork	Variety	
Sincerity	Temperance	Virtue	
of those words. example that fo	Or you can come up with a no llows).	ew word or phrase that encor	npasses the group (see
Continue this process	•	of Similar Words you have six to twenty values	s. Write these out as a new list.

Condensed Values List

4. Looking at the new list, choose **five or six** values that reflect what is most important to you at this time. If it feels impossible to narrow that down, write each value on a sticky note and organize them in order of

	importance. The top five or six are your True North values.
5	write down each of your True North values, followed by a few sentences (or more if you feel so inclined!) that elaborate on why this value is important to you and how you see it ideally manifesting in your life.

My Own True North Values

EXAMPLE

I circled these words on my first pass:

comfort, dependability, beauty, challenge, depth, accomplishment, curiosity, personal growth, ethics, family, fairness, health, humor, education, honesty, influence, integrity, intelligence, making a difference, nonconformity, logic, loyalty, reason, service, trustworthiness, giving, travel

Then I crossed out several words that seemed to be less important: comfort, nonconformity, accomplishment. Next I grouped the words.

- **Group 1:** dependability, ethics, fairness, honesty, integrity, loyalty, trustworthiness. I circled *integrity* because to me this encapsulated all of the words in this set.
- **Group 2:** health, personal growth. *Health* represents these both for me.
- **Group 3:** curiosity, logic, reason, intelligence, challenge. None of the individual words really fit all of these things so I came up with the phrase *intellectual curiosity and fulfillment*, which covered travel and humor as well.
- **Group 4:** service, making a difference, giving. *Service* works for all of those, as well as for another value I circled: *family*.

The only words left are now depth and beauty. These aren't as important as the others, but they are core values for me. So they'll stay on my list: *integrity, health, intellectual curiosity and fulfillment, service, depth, beauty.* I followed these with a few sentences each about their importance in my life.