

## MODULE 3 ACTIVITY

# True North

This is a condensed version of the “Life Values Inventory” exercise for when you need quick clarity and readjustments toward your values. It is best used when you are already clear on the difference between values and goals and have already clarified your own values. If you are unsure about either of those, please complete the other activities first.

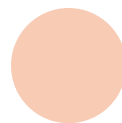
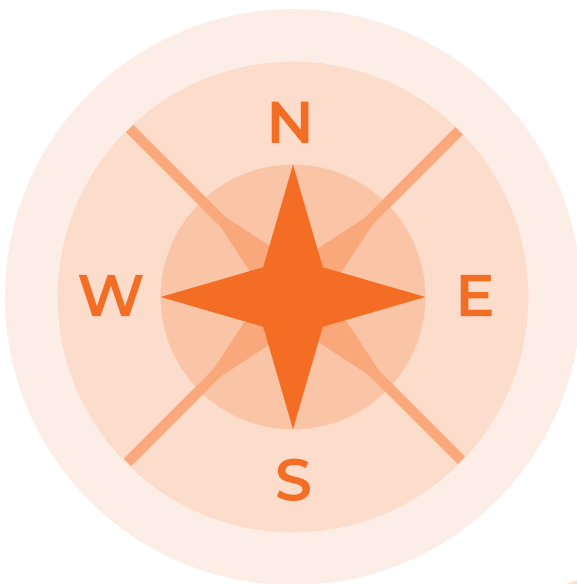
You can use this exercise regularly in your own life as a way to reflect upon and adjust your actions to keep them in alignment with your values that most matter in that moment.

### What are your 3 values in focus right now?

These are your True North values that you can follow whenever feeling lost.

- 1.
- 2.
- 3.

Place an X around the compass below that roughly marks how well you have been following your True North values.



Reflect on your current strategies for dealing with stress and problems. What are they, and are they working? List as many as you can think of and rate how well they are working to address your needs versus simply avoiding your needs.

What skills do you need to make the journey back toward your True North?

**Reflect on the three prompts below:**

How aware are you of your emotions, thoughts, and experiences?

How open are you to difficult thoughts, emotions, and experiences without avoiding them?

How engaged are you with the present moment?