

WORKSHEET 2

STEP 1

Find Your True North

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

Begin Your True North Guide

Your True North Guide will be a touchstone going forward. It will be there to help you assess which of the stresses in your bucket are most important to change to decrease your overwhelm. You will refer to your guide regularly as you go through the process of doing the other exercises in *Overcoming Overwhelm*. On the "True North Guide" below, add your core values words to the first column.

My True North Guide

Core Values	Emotional Feelings	Body Feelings
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.

You will fill out the "Emotional Feelings" and "Body Feelings" columns after doing the exercises "Define How You Want to Feel Emotionally" and "Define How You Want to Feel Physically" at the end of chapter 5.