

WORKSHEET 3

STEP 1

Find Your True North

This exercise is part of *Overcoming Overwhelm*, chapter 5: "How Do You Want to Feel?"

Your True North Emotional Feelings

1. Read through the list of "Emotional Feelings." Circle those that resonate with you on a deep level.
2. Add any additional words or phrases not included on the list (this list is only a small fraction of possible emotional feelings) that you think may also reflect how you want to feel.

Emotional Feelings

Abundant	Beaming	Conscious	Enterprising
Accepting	Blessed	Content	Enthusiastic
Accomplished	Blissful	Courageous	Euphoric
Adored	Blossoming	Creative	Even-keeled
Adventurous	Bold	Curious	Excited
Affluent	Brave	Daring	Exhilarated
Aligned	Brilliant	Delighted	Expansive
Alive	Calm	Desirable	Expectant
Alluring	Capable	Dreamy	Expressive
Amazed	Centered	Easeful	Fascinated
Appreciated	Cheerful	Easygoing	Fascinating
Authentic	Cherished	Ecstatic	Feisty
Assertive	Clever	Effervescent	Feminine
Attractive	Comfortable	Elated	Flexible
At ease	Compassionate	Elegant	Flourishing
Awed	Confident	Elevated	Fluid
Balanced	Connected	Empowered	Fortunate

Free	Lighthearted	Passionate	Thankful
Fulfilled	Limitless	Peaceful	Tranquil
Generous	Lovable	Playful	Transformed
Giving	Loved	Positive	Unforgettable
Glowing	Loving	Potent	Unstoppable
Graceful	Lucrative	Powerful	Useful
Gracious	Luscious	Proactive	Valued
Grateful	Magical	Prosperous	Vibrant
Grounded	Magnetic	Proud	Vivacious
Guided	Majestic	Purposeful	Vulnerable
Happy	Masculine	Radiant	Wanted
Hopeful	Masterful	Receptive	Warm
Imaginative	Mesmerizing	Relevant	Welcomed
Infinite	Mindful	Rooted	Welcoming
Influential	Moral	Safe	Whole
Insightful	Natural	Secure	Worthy
Insouciant	Nourished	Seen	_____
Inspired	Nurtured	Sensual	_____
Inspiring	Open	Sexy	_____
Intentional	Openhearted	Sincere	_____
Intuitive	Open-minded	Strong	_____
Joyful	Optimistic	Successful	_____
Liberated	Organized	Supported	_____

3. Add to your list any emotional feelings that you underlined in the "Imagine Your Perfect Day" exercise (see the "Exercises" section of chapter 5), if you haven't chosen these words already.
4. As with your True North values, if you have more than five or six words, you'll need to trim down your list. First, cross out any you feel are not as important as the others. Next, merge any words that are similar by batching them into groups and choosing the one word that best represents all of them. Or you can come up with a new word or phrase that encompasses the set (see example with the exercise "Define Your True North Values" in chapter 5).

My True North Emotional Feelings

7. Add this list of feelings to the "Emotional Feelings" column of your True North Guide.

Example

Core Values	Emotional Feelings	Body Feelings
1. Integrity	1. Brave	
2. Health	2. Connected	
3. Intellectual curiosity and fulfillment	3. Fluid	
4. Service	4. Fulfilled	
5. Depth	5. Intentional	
6. Beauty	6. Valued	