

## WORKSHEET 4

# STEP 1

# Find Your True North

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

### Your True North Body Feelings

1. Read through the "Body Feelings" list. Circle those that resonate with you on a deep level.
2. Add any additional words or phrases that you think may also reflect how you want to feel in your body.

### Body Feelings

Able	Confident	Graceful	Powerful
Active	Curvaceous	Grounded	Quick
Aggressive	Dainty	Hardy	Quiet
Agile	Delicate	Healthy	Relaxed
Aligned	Desirable	Husky	Resilient
Alive	Efficient	In control	Rested
Athletic	Effortless	Integrated	Robust
Attentive	Energetic	Lanky	Sensual
Attractive	Energized	Light	Settled
Attuned	Enlivened	Limber	Sexy
Balanced	Fast	Lithe	Shapely
Bony	Firm	Lusty	Skinny
Bouncy	Fit	Mobile	Slender
Buzzy	Flexible	Muscular	Slick
Calm	Flowy	Nimble	Slight
Capable	Fluid	Nourished	Slim
Clean	Focused	Pain-free	Soft
Comfortable	Free and easy	Peaceful	Spry



## Condensed Emotional Feelings List

5. Looking at the new list, choose **five or six** words that reflect how you most want to feel in your body *at this point in your life*. If it feels impossible to narrow that down, write each feeling on a sticky note and organize them in order of importance. The top five or six are your True North body feelings.
6. Write down each of the words you've chosen to describe how you want to feel physically, followed by a few sentences (or more, if you feel so inclined) that say *why* each feeling is important to you and how you see it ideally manifesting in your life.

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## My True North Emotional Feelings

7. Add this list of words to the "Body Feelings" column of your True North Guide.

### Example

Core Values	Emotional Feelings	Body Feelings
1. Integrity	1. Brave	1. Pain-free
2. Health	2. Connected	2. Strong
3. Intellectual curiosity and fulfillment	3. Fluid	3. Resilient
4. Service	4. Fulfilled	4. Flexible
5. Depth	5. Intentional	5. Fit
6. Beauty	6. Valued	6. Active