

Worksheet 1:

Core Values Sort

Review this list of values. Circle your top 10, then narrow to your top 5. For each of your top 5, write one sentence about why it matters to you.

Authenticity	Belonging	Courage	Creativity	Compassion
Community	Discovery	Equality	Fairness	Freedom
Growth	Healing	Honesty	Hope	Humility
Independence	Innovation	Integrity	Justice	Kindness
Leadership	Learning	Love	Loyalty	Peace
Purpose	Resilience	Respect	Service	Simplicity
Spirituality	Stability	Tradition	Truth	Wisdom

_____ matters because _____

_____ matters because _____

_____ matters because _____

_____ matters because _____

_____ matters because _____

Worksheet 2:

Northern Star Clarity

I feel most alive when:

The moments I'm most proud of are when:

The injustices that break my heart are:

If I could change one thing about the world, it would be:

The impact I want to have is:

My Northern Star Statement:

My purpose is to _____ by _____

Worksheet 3: Story Roadblocks Map

Create three columns and list your specific roadblocks. For each, answer: Can this be removed or must I navigate around it? What would movement look like despite this obstacle? Who can help me address this?

[illegible]

Worksheet 4:

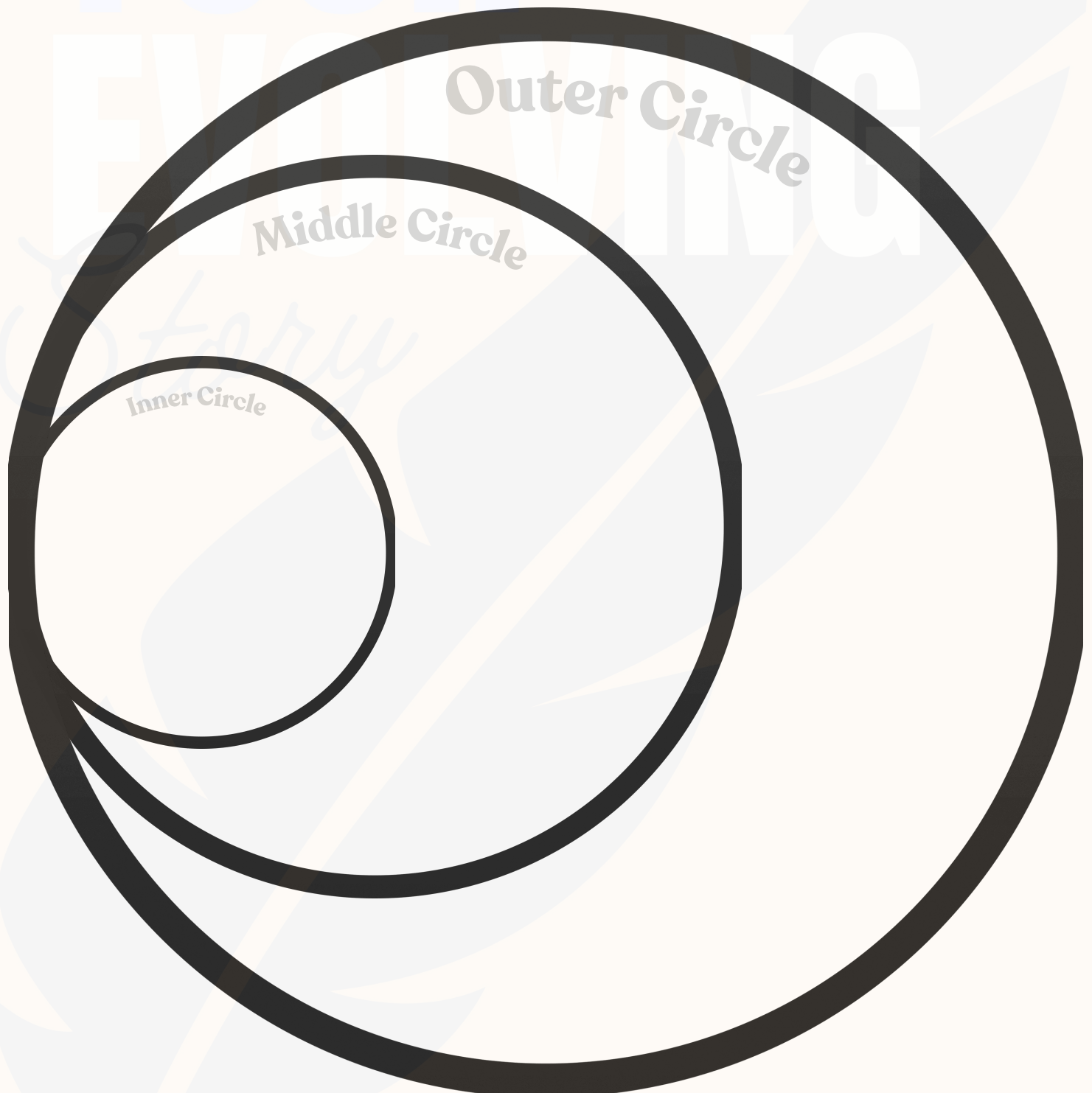
Support Circles

Use the three concentric circles and label them:

Inner Circle (3-5 people), Middle Circle (10-15 people), Outer Circle (mentors

Fill in names, then assess the following:

- **Gaps:** What support do I need that I don't have?
- **Alignment:** Are these people aligned with who I'm becoming?
- **Action:** Who could I reach out to? Who could I invite deeper?



Worksheet 5:

12-Week Goal Plan

My Priority Goal: _____

Why this matters to my Northern Star: _____

Week by Week Breakdown	
Weeks 1-2	
Weeks 3-4	
Weeks 5-6	
Weeks 7-8	
Weeks 9-10	
Weeks 10-12	
Practices	
Daily (10 min)	
Weekly (1 hour)	
Monthly Check-in Date	

Worksheet 6:

My Story (3-Sentence Template)

Who I was: _____

What changed: _____

Who I'm becoming: _____

(Practice this version. Share it in low-stakes settings. Let it evolve.)