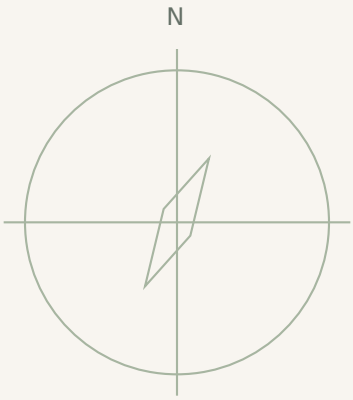


Discover Your True North.

A complimentary guide to reconnect with your goals, values, and aspirations.

You don't need to have all the answers.
Begin with a little space, a curious question, and one meaningful next step.

Set aside 15-20 quiet minutes. Write freely, skip anything that does not feel useful, and return whenever your priorities change.

01 / RECONNECT

What matters most right now?

Before choosing a direction, take a moment to notice the chapter you are in. There is no right way to answer these questions.

How would I describe this season of my life?

What gives me energy, meaning, or a sense of connection?

Choose three values that feel important today.

Connection / Learning / Creativity / Stability / Independence
Kindness / Balance / Adventure / Contribution / Your own: _____

My three values: _____

One way I could make more space for a value this week:

02 / NOTICE

What am I ready to shift?

Bring a kind, curious perspective to a pattern you would like to understand. You do not need to solve everything today.

Where would I like to create positive change?

What thought, habit, or expectation seems to be getting in my way?

What is a balanced, believable perspective I could explore instead?

A reflection to try: "I am still learning, and I can choose one manageable next step." Use your own words if a different thought feels more true.

03 / EXPLORE

What could a new chapter look like?

Picture a future that reflects your values. Let this exercise point toward practical choices, rather than perfect outcomes.

If my life felt more aligned, what would I notice in an ordinary day?

What would I like to pursue if I trusted myself a little more?

What strength, resource, or person could support my next step?

Choose a direction, not a deadline for becoming someone different. Your goals can evolve as you learn more about yourself.

04 / BEGIN

Three meaningful steps

Choose actions that are small enough to begin and connected to what matters to you. Write down when you will try each one.

01

My next step: _____
When I will try it: _____
What support I need: _____

02

My next step: _____
When I will try it: _____
What support I need: _____

03

My next step: _____
When I will try it: _____
What support I need: _____

My check-in date: _____

At your check-in, ask: What did I try? What did I learn? What would I like to adjust?

A conversation can be a place to begin.

Explore your goals with Nadeen in a free 30-minute discovery call.

Book Your Free Discovery Call

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