




Find Your True North: A Personal Compass for Life

Introduction: Why Define Your True North?

Navigating life without a clear direction can feel overwhelming. Just as a compass provides guidance in uncharted territory, your **True North**—your vision, mission, values, principles, and commitments—acts as a personal navigation system. This worksheet will help you clarify what truly matters so you can move forward with purpose, confidence, and resilience.

Step 1: Define Your Vision


Your **vision** is the big picture of the life you want to create. It captures who you want to become and how you want to experience your journey.

 **Prompt:** In one or two sentences, describe the life you aspire to live.

 **My Vision:**

Step 2: Define Your Mission

Your **mission** is how you intend to fulfill your vision. It's the actions and roles you embrace to create a meaningful impact.


 **Prompt:** How do you see yourself making a difference in the world? What roles define you?

 **My Mission:**



Step 3: Identify Your Core Values


Your **values** serve as the foundation for how you live and make decisions.

 **Prompt:** List five words that describe your core values and what they mean to you.

 **My Values:**

Step 4: Establish Your Guiding Principles

Your **guiding principles** are the rules by which you live—your personal philosophy for success and fulfillment.


 **Prompt:** What principles or mindsets guide your decisions, behaviors, and relationships?

 **My Guiding Principles:**



Step 5: Commit to Your True North

Your **commitments** ensure that your True North becomes a lived reality. These are the promises you make to yourself.



 **Prompt:** What commitments will you uphold daily to live in alignment with your True North?

 **My Life Commitments:**

Next Steps: Living By Your Compass

Congratulations on defining your True North! This is not a one-time exercise but an evolving reflection of who you are. Revisit this worksheet regularly to refine and recommit.

 Want more tools and inspiration? **Join the Living By The Compass Community!**

 Visit LivingByTheCompass.com to explore more.  Sign up for updates and exclusive content.

Your True North is uniquely yours—own it, live it, and let it guide you.