

find your

COORDINATES

MARK

Choose a color and mark the words that bring up a "good feeling" inside you. With the other color, you mark the words that bring up a "bad feeling." You might read words that are neutral to you. Just leave them unmarked.

PAIR

Look at which words can form a group because they all say the same thing in their essence. For example: for some people, the values "respect, appreciation, politeness, and honesty" belong together. Some say the values "discipline, perseverance, determination, and focus" go together. Now you do the same with your chosen words. Write them down! Who belongs together? Do it for the "good" and the "bad" ones.

UNITE

In each group, there is a value that unites all other values in that group. It is the representative for all of them. The examples above could be the value of "respect" because a person says that respectful behavior also includes appreciation, politeness, and honesty from her point of view. Some people find that there is always discipline, perseverance, and determination in the word "focus." What are your representatives in the groups you found in step 2?

CHOOSE

Write the representatives from step 3 down on paper. Here's an example of a woman who chose:

Freedom, Love, Uniqueness, Strength, Warmth, Community, Success, Money.

Now, you've got to choose the 4 values **from your list** that touch you the most.

RISE

Now it's time to decide. Which of the 4 values in step 4 is your true NORTH? Your strongest value in life? You know that you've found the north point because it is the one you couldn't live without. Not even a second. You breathe it in and out. You would miss it like your breath if you lost it. It wouldn't help to have it in your life once a week or once a month, or once a year, because it feels horrible if you violate it in just one blink of an eye.

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