



# NAVIGATE YOUR TRUE NORTH - EXERCISE



STAY TRUE TO SELF - NAVIGATE YOUR OWN JOURNEY

“it doesn’t matter how far off course  
you were or are - all that matters is  
you make your way back”.



## QUESTIONS

*Answer, reflect, ponder on the below questions – and at the end of it, assess how closely you and your life are relational to your answers below.*

*Once you have finished these questions – you MUST contact the human affect through the FB Group and book a session to discuss your true north answers and assessment.*

1. *In your final moments – how do you want to remember your life – what experiences do you want to have experienced most?*
2. *What is one word that you want others to describe you as? Do they currently use this word to describe you?*
3. *Answer this – if I wasn't afraid, and money was not an issue – how would I live my working life?*
4. *What is my greatest motivator, money, love, happiness, connection or contribution?*
5. *What is your biggest regret – that one thing you wish you could change? Do you want to experience further regret in your life for the things you did not do?*
6. *What is your birth purpose – that one thing you know deep down you need to be doing in order to live an inspiring, fulfilling life?*
7. *What is your most ideal day – are you living this each and every day?*



8. *What are your current personal goals and mission?*
9. *What is something you loved doing as a child that you no longer do as an adult?*
10. *Do you wake up excited, grateful and inspired for your working day?*
11. *What do you love most about your current job? What do you wish you could do more of?*
12. *What do you think you were put on this earth to learn? What were you put here to teach?*
13. *What stresses currently keep you up at night – how can you alleviate or manage them?*
14. *What are your 5 top values?*
15. *What standards do you set and not deviate from?*
16. *If you had a billboard for the world to read – what would you write on it?*
17. *Do you want to change lives and become an influencer for the betterment of self, others and humanity?*



18. *You are a representation of the 5 people you hang around most – do these 5 people inspire and empower you, or, do they create disempowerment and frustration in your life?*

19. *If, your ten year ago self was introduced to your current day self – would they be grateful meeting you, would they be proud of you, would they like what you have become?*

20. *Are you comfortable in uncomfortable, familiar in unfamiliar, or, do you like to play safe and never venture into the unknown?*

21. *When was the last time you did something nice for someone else, purely, because you chose to?*

22. *Who do you look up to – who are your current mentors / influencers?*

23. *Do you use your gift, experience, expertise and passion to serve humanity?*

24. *Why is it critical to live your purpose? do you want to find your purpose?*

25. *What are you currently putting on hold, wealth, happiness, money, business, love, connection? If you do not take action – when do you think these things will happen?*



*26. What price would you take to give up on your dreams? What price would you be willing to pay to achieve them?*

*27. Is life living up to your expectations, wants, desires and hopes?*

