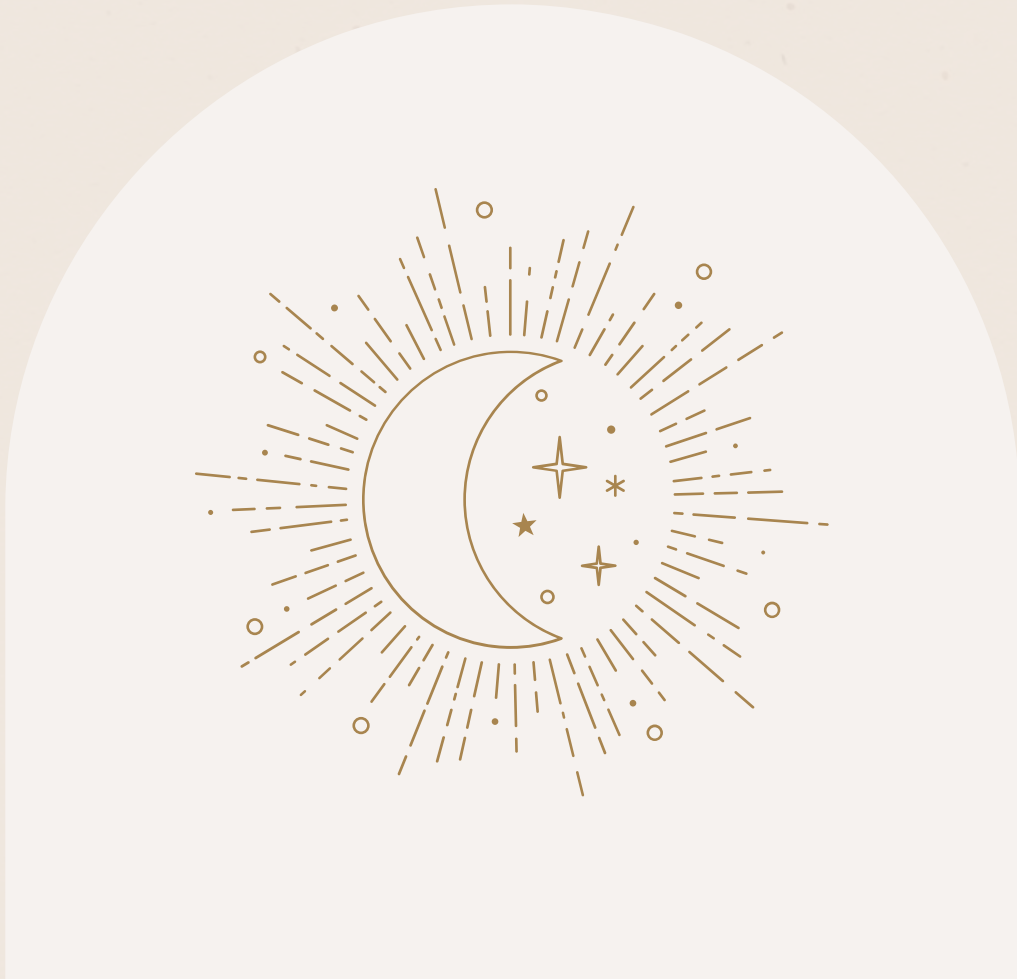
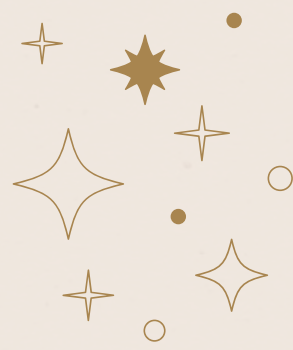


NORTH STAR

Workshop



LAURENOSULLIVAN.COM

Discovering Your NORTH STAR



Your North Star is a guiding light; something that comes from within you. It isn't necessarily guiding you to a place or a destination but it is a guiding light that is bringing you back to yourself. That's the thing, the answers to what it is we want, who we want to be, are always to be found within.

Your North Star is of course a metaphor. Your North Star can look however you want it to. It can be a collection of values, a sense of purpose, something specific you want to do, or be, or even simply a feeling.

Your guiding star can change, and be influenced by your experiences and circumstances, and so it's really important to regularly look up and take the time to reflect and consider where you are, who you are and where you're going.

Why Do I Need A North Star?

A North Star can be helpful to make sure we live intentionally and with purpose. It ensures that we prioritize our time, make decisions and focus on the things that are meaningful to us. Following our North Star means that we are on a path that is true to us, where we can be ourselves, do our best work and reach our full potential.

It helps us to decide where we want our life minutes to go, and how we live a life that is meaningful and fulfilling. It can help us determine what we want to create and do in the world and why.

It's so easy to get caught up in the minutiae of everyday living. Filling our days with busyness both real and imagined. The busyness distracts us from the discomfort that perhaps we're not on the right path. This workbook/this session is designed to be a time out from pressures of the everyday to think about what it is you really want.



Discovering Your NORTH STAR



In this workbook, I encourage you to:

Not think too much! To go with your heart and your first response.

Be open minded

Think big - think in ideas and possibilities. Give yourself permission to explore what 'could be' without putting barriers or restrictions on your thoughts or desires.

Think deep - don't be scared to respond to some deep questions with some deep answers

You will need:

A pen and paper

A large piece of paper and a marker (not essential)

A calm relaxed space, where you won't be interrupted. A place where you feel safe and relaxed. Light a candle, grab your favourite blanket and a warm drink.

Some of the questions and tasks in this workbook will ask you to think about the future. Where you choose to take that is up to you. For most impact, it is helpful to envisage a time at the end of your life, when you can look back on everything you have been and done. It is a powerful tool to look ahead in this way, but it also may be uncomfortable for you or feels unnecessary. Please feel free to choose where you go. Whatever you feel it would be most helpful, whether that is looking back on your whole life, 10 years, 5 years from now or even in a year's time.

Occasionally, some of the questions and tasks we do may bring up some discomfort, that's totally normal. I recommend you give yourself some space to process what comes up for you.



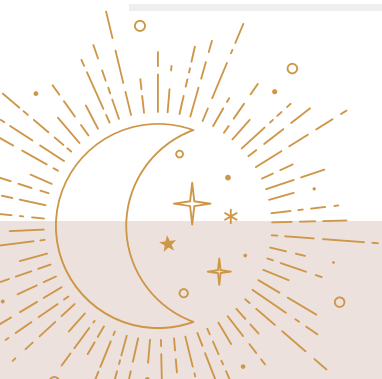
Discovering Your NORTH STAR



Before we dive in, I want you to think about...

What would you like to get from this workbook?

What is it that you sense is missing at the moment? Or not quite right? What is it that brought you here to this workbook/session today?



Discovering Your NORTH STAR



Now let's take some time to relax and clear our minds of the busyness of the day...

Close your eyes if you wish, or maybe lower your gaze and focus on something in the room.

If you have lit a candle, maybe you can focus on the flame.

Focus on your breathing, maybe you want to take a few deep breaths, take in some air and release some tension.

Notice how your body feels, notice your shoulders, your jaw. Release and relax. Breathe in relaxation and exhale tension.

Now I want you to imagine a light, a golden ball of light above you. The light feels warm and comforting and familiar. It shines on your face like the sun on a warm summer's day. You feel relaxed and calm.

The light begins to shine brighter and you realise this light is here to guide you. Imagine the light begins to flood your whole body, from the warm glow on your face, it travels through your chest and into your tummy, through your legs and feet and connects you to the earth.

You now not only feel relaxed and calm but you feel connected to the light and connected to yourself. You're here as you and you are ready to be true and honest and bring to light the things that are within.



Part 1

UNDERSTANDING YOU



Here are a series of questions that are designed to get you to think about what it is you want. Try to connect with what it is YOU really want here and not all the 'shoulds', 'musts' and expectations that our logical brains put in the way.

How do you want to feel in your life and work?

On a scale of 1-10 how close are you now to that feeling? (10 being fully, 1 being not at all)

What would you like more of in your life?

What would you like less of?

What's stopping you from making this happen?



Part 1

UNDERSTANDING YOU



What lights you up?
What are the things that get you really excited?
Maybe think about what it is that you enjoyed doing when you were younger
When was the last time you felt flow?

How often do you do these things? Daily? Weekly? Rarely? Never?

How can you do more of what lights you up in your life and work?



Part 1

UNDERSTANDING YOU



What are the things in your life that have shaped you? What experiences and people have impacted your life?

Emotions, Feeling and Sparks

Our deepest desires aren't completely hidden to us. Our emotions and feelings do a great job of communicating what is important to us.

We've touched a little on the positive emotions above when we looked at 'What lights us up?' This question has a tendency to make us think big, which is of course what I have asked you to do here, but I also want you to think about those smaller moments too, where you've felt that spark of excitement. Maybe it was a podcast or an article, or perhaps it was a conversation with a friend, a visit to a certain place or a piece of art or literature. Think about those little sparks and those feelings you felt.

What was it you were doing and what was it specifically about that moment that caused that spark? Maybe it's not immediately obvious, or doesn't necessarily make sense. That's ok, just note it down. All that matters is that you noticed the spark. You don't and you won't necessarily have this all figured out in this session but part of the fun, is following these sparks and seeing where they take you.



Part 1

UNDERSTANDING YOU



I also want to talk about negative emotions here as I think these can be even more powerful sometimes in explaining to us what it is we want and need. Jealousy, anger and despair all need to be listened to and understood. Think of the last time you felt these emotions and try to unpick what they were trying to tell you about your own hopes, dreams and fears.

Jealousy - who were you jealous of and why. What were they doing, what did they have that you wanted?

Anger - when did you feel threatened or hard done by and why? What do you need to rectify that situation? Was it something personal to you or something happening to others?

Despair - when did you feel despair, what were your fears? What can they tell you about what you do and don't want?



Part 2

YOUR VALUES



What is Important to you?

Now we're going to take a look at one of the biggest components of your guiding star. What is it that you value? What are the values that are most important to you?

To find meaning and purpose within our life and business we need to understand the values that drive us. Our values are the core foundation of our life, the filter with which we view the world and more importantly the choices we make. Our values are our true hopes, dreams and desires. They are inherent within us but they can be shaped by those around us too, this is natural.

However, often we adopt values that aren't ours but are those of the people around us or the environment we are in. In order to please others, fit in and live our lives in a way that society defines for us, we can find ourselves lost with a set of values that aren't ours at all. As our values are the source of our decision making, if we aren't operating within our true values we can find ourselves living incongruently to the person we really want to be. Our values are our compass that directs us back to who we really are.

THE CORE VALUES THAT DRIVE ME ARE:

TRUTH

AUTHENTICITY

FREEDOM

MEANING

BEAUTY



Part 2

YOUR VALUES



The following exercise is a chance for you to take some time out and reflect on your values, to bring them into your consciousness. Maybe it's something you haven't ever thought of before or maybe you're at a point in your life where it would be of benefit to re-examine them. Meaning and purpose comes from creating a life that is a manifestation of our values.

IT'S ONLY THROUGH SEEKING OUR VALUES AND LIVING OUR VALUES THAT WE CAN FEEL FULFILLED.

Take a look at the list below. Put a tick next to all the words that strike a chord with you in terms of what you consider to be one of your values. Before you start, try to connect with your inner most desires. Don't overthink things, try as best you can to be instinctive with your responses.

A little note... some words may seem a given, for example kindness or integrity but I'd really encourage you to focus on the FEELING that the words evoke in you. Follow those that light you up, that spark that visceral reaction in you. If kindness does that, then sure great! But if it doesn't, give yourself permission to pass it by. This absolutely does not mean in any way that you're not a kind person or that you don't value kindness. However, this exercise is designed to dig out your CORE values. It helps to do this in an intuitive rather than logical way.



Part 2

YOUR VALUES



Abundance
Acceptance
Accountability
Accuracy
Achievement
Adaptability
Adventure
Advocacy
Alignment
Altruism
Ambition
Amusement
Assertiveness

Comfort
Commitment
Common Sense
Communication
Community
Compassion
Competence
Confidence
Conformity
Connection
Consistency
Contentment
Contribution

Drive
Effectiveness
Efficiency
Empathy
Empowerment
Encouragement
Energy
Enjoyment
Enthusiasm
Equality
Ethics
Excellence
Excitement



Part 2

YOUR VALUES



Attentiveness

Authenticity

Balance

Beauty

Belonging

Boldness

Bravery

Calm

Candour

Capability

Caring

Celebrity

Certainty

Challenge

Change

Charity

Clarity

Collaboration

Control

Conviction

Cooperation

Courage

Courtesy

Creation (the doing of)

Creativity (concept of)

Credibility

Curiosity

Decisiveness

Dedication

Dependability

Determination

Devotion

Dignity

Discipline

Discovery

Diversity

Experience

Expertise

Exploration

Expressive

Fairness

Faith

Family

Fearlessness

Feelings

Ferociousness

Fidelity

Fitness

Flexibility

Focus

Foresight

Forgiveness

Freedom

Friendship



Part 2

YOUR VALUES



Fun
Generosity
Genius
Giving
Grace
Gratitude
Growth
Happiness
Hard Work
Harmony
Health
Honesty
Hope
Humility
Humour
Imagination
Impact
Inclusivity
Independence
Individuality
Innovation
Inquisitiveness
Insight
Inspiration
Integrity
Intelligence
Intimacy
Intuitiveness
Joy
Justice

Kindness
Knowledge
Lawfulness
Leadership
Learning
Legacy
Logic
Love
Loyalty
Mastery
Maturity
Mindfulness
Moderation
Money
Open-mindedness
Optimism
Order
Organisation
Originality
Passion
Patience
Peace
Persistence
Playfulness
Potential
Productivity
Professionalism
Prosperity
Quality
Realism
Reason

Recognition
Recreation
Reflectiveness
Resilience
Respect
Responsibility
Restraint
Results
Reverence
Rigor
Risk
Romance
Satisfaction
Security
Self – awareness
Self- care
Self-
development
Selflessness
Self-reliance
Sensitivity
Sensuality
Serenity
Service
Service
Sexuality
Silence
Simplicity
Sincerity
Skilfulness
Solitude
Spirituality



Part 2

YOUR VALUES



Spontaneity

Stability

Status

Strength

Structure

Success

Support

Sustainability

Teamwork

Temperance

Thankfulness

Thoroughness

Thoughtfulness

Timeliness

Tolerance

Toughness

Tradition

Tranquility

Transparency

Trust

Truth

Understanding

Uniqueness

Unity

Vigour

Virtue

Vision

Vitality

Wealth

Wholeheartedness

Winning

Wisdom

Wonder



Part 2

YOUR VALUES



Digging Deeper into Your Values

Revisit all the values that came up when you completed the previous task. Can you take each one and objectively critique it, thinking about:

Is the value inherently 'you' or one that has been adopted? Think about the values your parents hold, past teachers, your friends, husband, and people you have worked with. What are their values and have any of these inadvertently become tied up in your own? Is this of benefit to you or not?

- Similarly, are there any values that have become important as a reaction to a situation or environment that you have experienced? This is not to discount these, but it is identifying them as separate to those that sit at the core of you as a person. If for example we only followed 'reactionary' values as opposed to our core values, it may lead us down a different path.
- Try to omit any that you feel you 'should' have or similarly – and this is tough- omit any that are important but not a core value that really lights you up. 'Honesty' is a great example of this for lots of people but it is almost a 'given' value.



Part 2

YOUR VALUES



Narrowing them Down

You want to get to a place where you have 5, at the most 7, true core values. Can you narrow it down to this? It may not come straight away, so take your time. Once you have narrowed them down:

- 1) Take each of your core values and for each one, can you write about what these values mean to you, why are they important to you?
- 2) Next, think about how your values relate to each other. Do you have values that are similar that you can group together? eg. Truth and Authenticity could go together, as could in-dependence, freedom and autonomy.

Or perhaps they are of a similar related theme eg self-expression, beauty and creativity. Or maybe some of the values impact each other? eg. Freedom and Self Expression may be your values and they could link together/ impact each other if say freedom to you means being able to express yourself.





Part 2

YOUR VALUES

When you have your final list, rank your values. Which value would you put at the top? This will be difficult but try to push to dig deep for the one that means the most to you.

How does this feel? Do these values make you feel good about yourself? Do you feel excited when you look at them?

Your values should feel expansive and reassuring at the same time. These will be your guiding compass from now on. These will help you make decisions that will help create meaning and fulfillment in your life and the work you do.

How does your life currently reflect these values?
What could your life be like if you were fully living these values?
How would you like to bring more of these values into your life right now?



Part 3

UNDERSTANDING YOUR IMPACT



What impact do you want to have on the world? What do you want your contribution to be?

What does the world need more of?
What does the world need less of?

What is a change you want to see in the world?
What is a problem that needs solving?

This doesn't need to be something obvious like ending war. Of course we all want those things but in understand your place in the world, maybe it's better to think smaller, think about your own personal experiences past and present.

TIP Think back here to your response to the question about what has shaped you. People often feel the need to create or change something that has been an issue/ challenge/ problem for themselves personally. You see this in action on Dragon's Den all the time, when people come up with the perfect product to correct a problem that they have experienced. More often than not on Dragon's Den, it is a practical problem, but maybe for you it's something emotional, situational or societal. Sometimes it is about being the change we want to see in the world.



Part 3

UNDERSTANDING YOUR IMPACT



Now you have thought about the world and what it needs, think about...

What's your role in this?
What could your role be in this?
Who do you want to impact?
How do you want to impact them?

TIP Think about what you wrote about what lights you up and what excites you. Is there any crossover? Maybe it's not obvious but is there anything at all that connects them?

Think about your natural strengths and talents, your personality traits and the things you are good at. How could these influence what your role could be?



Part 4

GETTING IN TOUCH WITH YOUR INTUITION

What is intuition and what is it telling me?

Getting in touch with your intuition is about tapping into the unconscious parts of the brain. This is important as it's within our unconscious brain that our deepest desires sit.

Often they have been suppressed through social conditioning, whether that be the influence of our parents, teachers or the society in which we live. We come to have certain expectations of what we should and shouldn't think/ do/ say but if we peel off these shoulds and musts there's the richest and truest versions of who we are and what we want.

Here a series of thought experiments that are designed to open up your connection to your unconscious and intuitive brain. Some of these thought experiments use 'magical' thinking and may seem a little nonsensical but please bear with me. The reason I have used some 'magical thinking' and the reason that it works is it gives us permission to bypass the logical part of our brain and go straight to our unconscious desires.



Part 4

GETTING IN TOUCH WITH YOUR INTUITION



Superhero Question

If you could have any 5 super powers what would they be? They can be typical superhero powers ie being invisible, the ability to fly etc or even better, they can be totally made up.

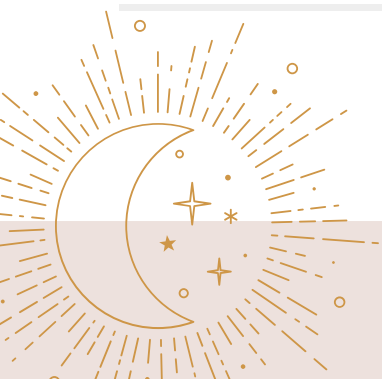
Try to invent at least 3 of your superpowers, so they directly mean something to you. By doing so, you will get the most out of the exercise.

Write them down here:

- 1)
- 2)
- 3)
- 4)
- 5)

Now if you were to wake up tomorrow and you magically had one of these superpowers, which would be the most likely superpower you would have?

Please note, this is not the one you would like to have but are most likely to have. It doesn't really make sense, but go with your instinct as to what you feel would be most likely?



Part 4

GETTING IN TOUCH WITH YOUR INTUITION



Now answer these 2 questions:

What realistically would you do with it?
What is the best you could do with it?

This question invites us into a headspace where anything is possible. It allows us to be a super being with any powers or talents we choose. The fact that we have chosen certain talents mean that they are in some way important to us.

When we think about the most likely ability our brains often choose the one we have most understanding of and is frequently an extension of an ability we already have.

How realistic is this superpower, how could you make it realistic?
What has this task opened up for you in terms of what you would like to achieve with your talents?



Part 4

GETTING IN TOUCH WITH YOUR INTUITION

The Imaginary Tarot

Ok hands up, who likes tarot? Or Horoscopes? Or looking at the moon cycles?
Why do you think that is?

I have a theory as to why so many of us are interested in things that are seen as 'woo' like tarot cards, dream meanings, horoscopes and the phases of the moon.

All these things when you break them down are ways of us connecting to our intuition. It isn't what these things tell us, it's the meaning that we place on what they tell us that connects us to our unconscious. They allow us to interpret these things in such a way that we have a legitimate way to articulate what is intuitive to us, but may choose to ignore or suppress in our everyday life.

To demonstrate this I wanted to do a little exercise with some tarot cards. A past present and future spread. This is one of my favourite spreads to connect us to our thoughts and feelings about obstacles and tasks in life that can, at times, feel totally overwhelming. Those are the moments that we feel simultaneously pulled in all different directions and equally paralyzed by indecision and doubt. Pulling 3 cards to represent the past present and future can offer guidance, perspective and even revelations.

As the name suggests, it can offer great insight to help understand how the past influences present circumstances, what's going on in the present moment and how the choices you make in the present may unfold in the future.

But I'm not going to go all woo on you just yet. I'm not going to turn these cards over, it doesn't matter what's on the cards. The cards aren't important. It's what the cards MEAN to you that is the important part. What is it that you need from the cards, what do you need to hear and what do you want them to say?

THE STAR



Part 4

GETTING IN TOUCH WITH YOUR INTUITION

Past

What is it from your past that you need to take with you. What do you need to let go of?
How is it influencing your current situation?

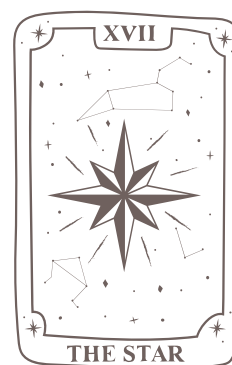
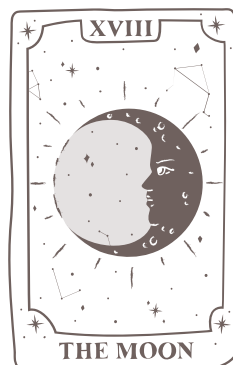
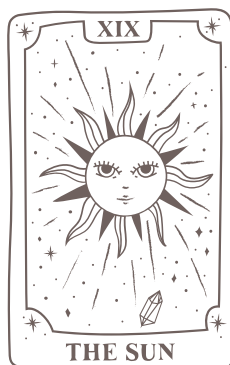
Present

What in the present do you need to hear? What would feel reassuring to you right now.
What piece of guidance would be most helpful?
What would you want the card to tell you?
What energy would you want it to give you?
How does what you see in the present relate to your past?

Future

What would you want to see in your future?
What would you want to know to be true?
What is it that you would want if you knew that you couldn't fail?

What is it the cards can give you that you can't give yourself?



Part 4

GETTING IN TOUCH WITH YOUR INTUITION

The Book of Life Question/ Tombstone Question

Apologies here for getting a little morbid but I think this is a really useful exercise to think about to help us hone in on the things that matter to us most.

Imagine there is a Book of Life where everyone has an entry that describes what they gave in their lifetime. The book only allows three sentences, what would you like your entry to say?

Now imagine your tombstone and there is room for one word on there to describe you, what would you like that word to be?

TIP this is going to be really tricky, so start with 5/6/7 words and start to narrow them down. Are there any words that you can group together or words that mean the same thing. Can you rank or prioritise them. Which one matters to you most?



Part 4

GETTING IN TOUCH WITH YOUR INTUITION

Steve Peters Exercise

There is a great psychologist called Steve Peters and I borrowed this simple but effective exercise from him.

Who do you want to be?

So this isn't about what you want to do, but who you want to be. What kind of person do you want to be?

Take a piece of paper and without overthinking write everything you would want to be as a person?

Kind, caring, empathetic, creative, patient, generous,

Now look at what you have written. That IS who you are?

There may be baggage and circumstance that gets in the way of that but that isn't who you COULD be, that is who you ARE on the inside.

How does that make you feel

What would you like to do?

Now take a piece of paper and write everything that you would like to do? All the careers, businesses, projects or things you would like to create.

30 seconds don't overthink this. Go crazy, think big, let your intuitive brain take over.

Once you have your ideas, go back through the list and circle the ones that jump out and excite you that you would like to explore further.



Part 5

YOUR DREAM



What is it you're really aching for?

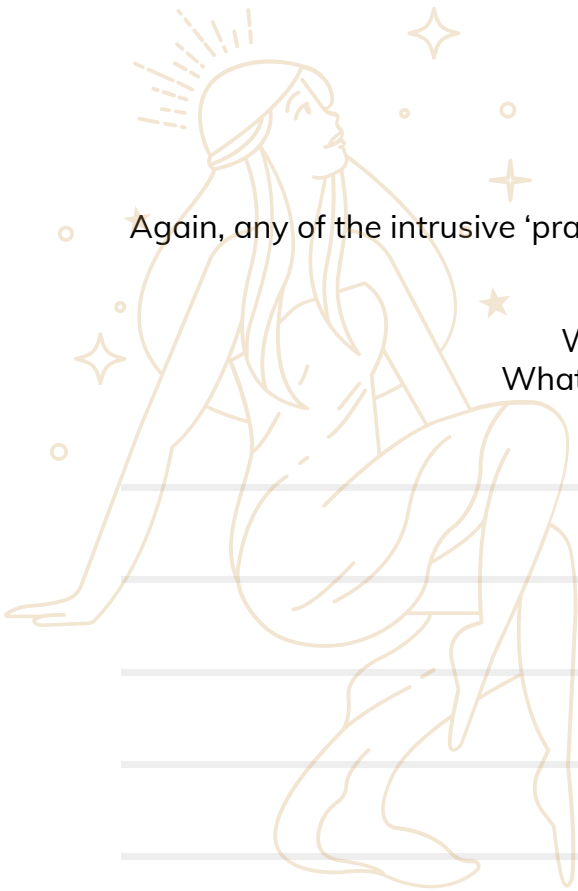
What is your big dream? The one that feels scary to think about, let alone say out loud.

What does it look like?

How does it feel?

Again, any of the intrusive 'practical' thoughts that get in the way, write them all down and then try again.

What is it that I want to do?
What is it that is getting in my way?





Part 5

YOUR DREAM



Future Self Guided Meditation Take yourself into the future

I'm now going to ask you to envisage your future. As mentioned at the outset, where you choose to take this is up to you. For most impact, it is helpful to envisage the time at the end of your life when you can look back on everything you have been and done. It is a powerful tool to look forward in this way, but it also may be uncomfortable for you or unnecessary. Choose to go where you feel it would be most helpful, whether that is looking back on your whole life, 10 years, 5 years from now or even in a year's time.

What do you see?
Where does she live?
What do you hear?
What do you feel?

What does she look like?

What does she want to say to you?
What has she achieved?
Does she have any regrets?
What does she want to tell you about this present moment?
Does she have any advice?

How does this make you feel??



Part 6

MY GUIDING STAR



Bringing this all together

Thinking about everything you have learned about yourself in this session, what would you like your guiding star to be for you in this moment?

- A feeling?
- A journey?
- A destination?
- A mission?
- A purpose?

Your star can be anything you want it to be. Your star can be one thing or it can be all of these things.

Where is my North Star guiding me in the present moment?
How will it guide me?



Part 6

MY GUIDING STAR



Think about all the things we have covered so far:

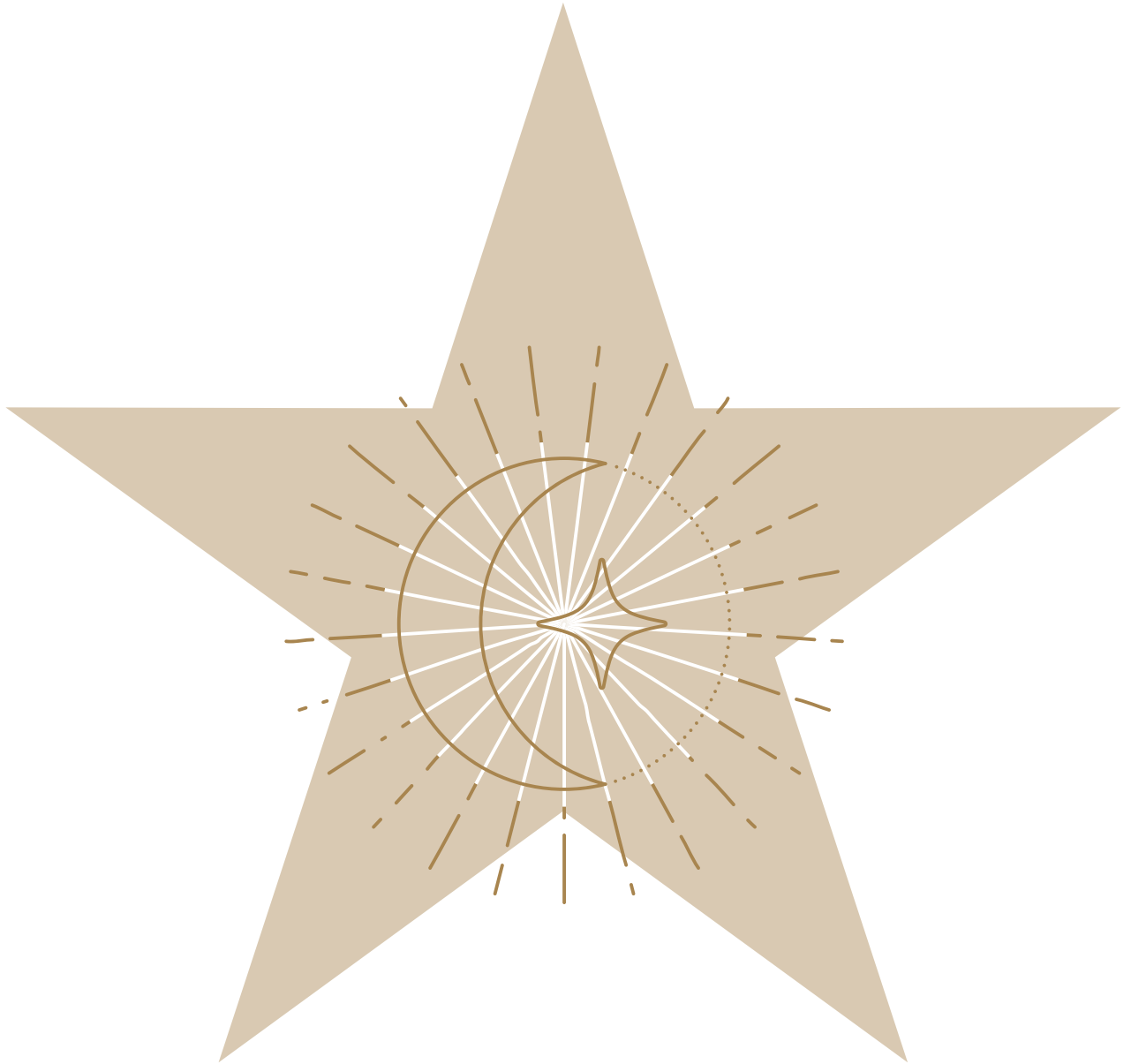
1. What are the values that guide me?
2. What are the things that are important to me? What do I care about?
3. What is the influence I want to have on the world?
4. Who do I want to be?
5. What do I want to do?
6. Why - What is my mission/ purpose?

Use the star on the next page to write down and visualise what you would like it to be.



Part 6

MY GUIDING STAR



Part 6

MY GUIDING STAR



Now I want you to think about your compass, your compass is what you are going to set
to help you get to your star?

If you want to fully embrace your guiding light what it is it that you need?
How do you want to set your compass?

What do I want to let go of?
What do I want to give myself permission for?
What do I want to prioritise?
What do I need help with?



Part 6

MY GUIDING STAR



And finally...
What does success look like?
How will I know when I get there?

What do I most want to take away from this session?



North Star THANK YOU



I hope that this has been an enjoyable and helpful thing for you to do. If you feel like you would benefit from some professional support in figuring this out, I offer 1 to 1 coaching where we can dive deeper into understanding you and your purpose and how to translate that into meaningful work.

For more information email me lauren.osullivan@hotmail.com
or visit my website
laurenosullivan.com

