

UNSTOPPABLE BY DESIGN: DEFINE YOUR NORTH STAR

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Your North Star isn't a goal. It's a direction. A felt sense of alignment. A quiet inner signal that reminds you what matters, where your energy flows, and what kind of life feels most you.

This one-page tool is here to help you reconnect with that internal compass and turn it into a guiding light.

YOUR NORTH STAR

Complete the sentences below to surface what feels most true right now:

When I feel most like myself, I am...

The spaces or experiences that bring me alive are...

I want more of...

I want less of...

I feel energised when I...

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I feel most drained when I...

If I had to name my North Star in one sentence, it would be:

"To..."

FROM FEELING TO FOCUS

Circle the top 3 words that describe what your North Star is pointing toward:

Clarity / Joy / Freedom / Expression / Calm / Purpose / Movement / Discovery / Balance / Beauty /
Connection / Contribution / Confidence / Creativity / Autonomy

Or add your own: _____

STAYING ALIGNED

What might it look like to act in alignment with your North Star this week?

- One small action I can take:

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- One thing to let go of:

- One environment or ritual that supports me:

Your North Star doesn't need to be perfect. It just needs to feel true.

Keep coming back to it. Let it shape your yes, your no, and your next step.

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