

TRUE NORTH

Set Your Compass

Module 1, Video 2



North Star Quote:

I don't have to worry about timing, other people, events, the weather, politics, and some health situations because they are not my department.

Exercise:

1. In the space below, brainstorm things or areas you would like to control. Don't hold back.

2. Dig deeper: if you were God, what would most excite you to be in control of?

3. Look at each item and ask yourself, "Is this in my control?" If it's not, put a big black pen line through it. Then write "not my department" next to it. Do it. It feels good!

4. What are the three areas that are hardest for you to let go? Write them on a sticky note and underneath it write: "God's department." Place the note where you will see it every day.

5. Now take this into your reflection: How will you change your actions with this realization?

Save this sheet, as it will come into play in the next module.