

Defining Your North Star

INTRODUCTION TO THE EXERCISE

Your North Star is the destination that illuminates your path, fuels your actions, and gives meaning to your progress.

This exercise is designed to help you shape a vivid five-year vision of success, one that's both aspirational and actionable. You'll also clarify the milestones that will mark your journey along the way and reflect on how your vision aligns with what matters most to you.

These shorter milestones act as markers of success, offering opportunities to celebrate and reaffirm your progress. You'll also explore how this vision fits into a broader context, recognising that this is just one of many possible destinations in your life's journey.

For now, focus deeply on making this destination meaningful to you. The aim is to activate both emotional and cognitive commitment, the inner clarity that drives consistent, purpose-led action.

INSTRUCTIONS

Part 1: Vision Crystallisation

Suggested Time: 30 Minutes

1. Future Success Visualisation

- Find a quiet space where you can focus without distractions.
- Close your eyes and project yourself five years into the future, visualising the success you plan to achieve.
- Visualise a day where everything aligns, where you feel successful, purposeful, and balanced.

2. Vision Mapping Across Paradigms

Write detailed responses for each paradigm:

a) Money-Mission

1. What financial achievements will define this success for you?
2. How are you creating meaningful impact?

b) Mental-Physical

3. What mental state characterises your success?
4. How does your peak health feel?

c) Work-Life

5. What does your ideal day look like?
 6. Who shares in your success?
-

Part 2: Mapping Markers of Success

Now that you've envisioned your destination, let's translate that into measurable steps. These are your calibration points, indicators that keep you aligned.

Suggested Time: 20 Minutes

1. Markers of Success

For Each Paradigm (Money-Mission, Mental-Physical, Work- Life), identify:

- What must you achieve to reach your vision?
- What are the shorter milestones along the way?
- How will you know you're on the right track?

Here are a few milestone examples to guide your thinking:

- A Financial Milestone (e.g., reaching a specific income or funding goal within 2 years).
- A Health Improvement Milestone (e.g., being able to run 10k or reducing stress).
- A Work-Life Balance Milestone (e.g., committing to regular family time or vacations).

2. Celebration And Recognition

For Each Milestone, Decide:

- How will you celebrate this achievement?
- What will you do to recognise yourself and others involved in the success?
- For Your North Star Destination: Plan a special celebration or event to honour your hard work and commitment.

Part 3: North Star Alignment

Suggested Time: 10 Minutes

1. Congruence Check

Use the checklist below to assess how strongly your vision aligns with your values and energy. Rate each statement from 1 (strongly disagree) to 5 (strongly agree).

- This vision energises me.
- The goals stretch yet inspire me.
- Success includes meaningful impact.
- The vision balances all paradigms.
- I can clearly articulate why this matters to me.

2. Impact Analysis

Purposeful goals often create ripple effects. Let's explore the broader impact of what you're working toward.

For each major goal, answer:

- Who benefits besides me?
 - What broader impact does it create?
 - How does it align with my values?
-

Part 4: From Vision To Execution, Planning Your Milestones

Suggested Time: 20 Minutes

1. Milestone Mapping

Create a timeline for achieving your vision:

- 90-day action steps.
- 1-year milestones.
- 3-year achievements.
- 5-year vision realisation.

2. Balance Integration

For each milestone, reflect on how to maintain balance across your life domains. Consider time, energy, health, and support.

For each milestone, identify:

- Required resources.
- Potential challenges.
- Support needed.
- Balance maintenance strategies.

Part 5: Broader Vision Reflection

Suggested Time: 15 Minutes

1. Recognising the Bigger Picture

- Reflect on how this vision is one of many potential destinations in your life.
- Consider that there may be other, longer-term goals that stretch beyond five years.

3. Why This Vision, Now?

- Write a short paragraph on why this particular destination is the most important to you right now.
- How does it energise and inspire you to take action?

4. Commitment

- Describe how focusing on this vision will spark your motivation and guide your decision-making.
- Write a short commitment statement to reinforce your intent. For example:

"I commit to pursuing this vision because it reflects what matters most to me right now [insert reason]."

You're On Your Way!

By defining your North Star and identifying the milestones that lead to it, you've created both a compelling vision and a practical roadmap. Along the way, don't forget to celebrate your successes, recognise your progress, and recalibrate as needed.

Your North Star isn't fixed. It evolves as you grow. Today though, it gives you direction, a purpose-driven map for the next stretch of your journey.