

Choosing & Being Chosen: Exploring our North Star Journaling Worksheet

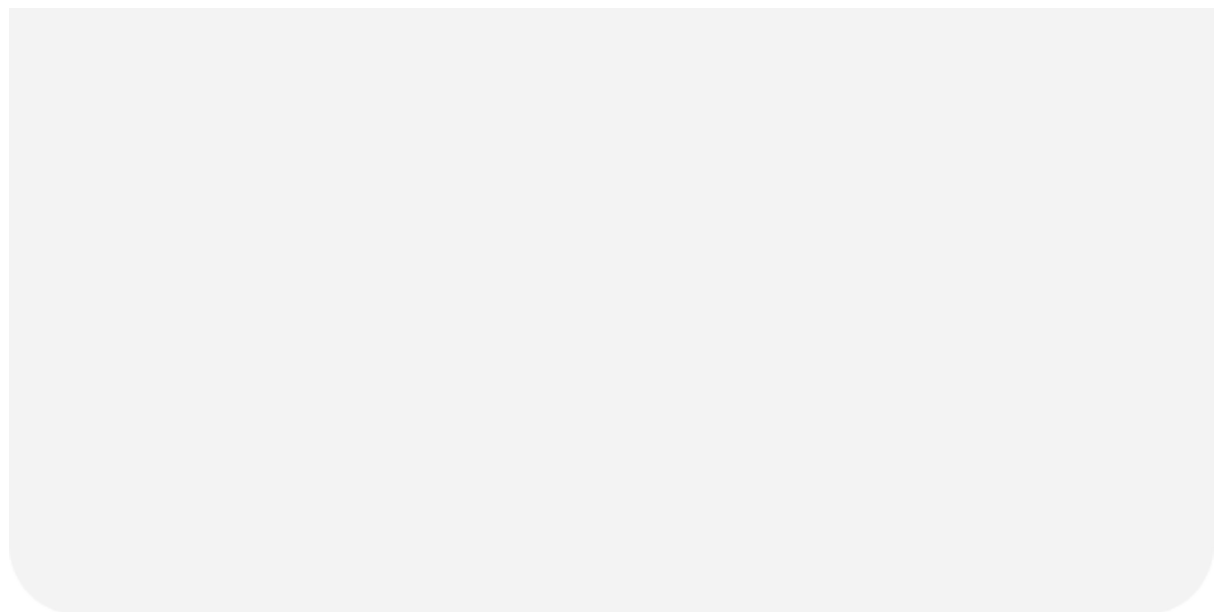
Intention and how it works

Choices can span time and serve as a north star. For example, choice can manifest through a sense of calling, something we choose again and again that moves us closer to a dream we have for the world. As such, choice becomes the fuel for moving forward and a force that helps guide us. As we pursue our calling we can reflect on the values we are choosing to enact and the principles we are choosing to embody in service of those values.

The following questions and prompts can serve as guidance to explore your personal North Star through engaging with choice. We invite you to take these questions with you over a couple of days and note down what arises.

1. What is so dear to you that you are willing to choose it over and over again?

Which choices could I make that unleash energy within me - even just by thinking about them? What are the underlying values that you can express and live through these choices?

A large, empty, light gray rounded rectangular box intended for the user to write their journaling responses.

2. What is choosing you?

What are themes you repeatedly run into?

3. What does this tell you about your strengths and purpose?

Which capacities are being developed through being chosen? What more do you need to learn or develop through these experiences?

Want to dive deeper?

This worksheet is designed to accompany our article, Reclaiming Choice and Agency in a Networked World. Read the article and access further journaling worksheets [here](#).

Happy reflecting!