

Step 3: Evaluate Your Life

You can use your North Star-o-Meter to determine how close you are to your ideal life, and what you need to do to come closer. To try this out, list three things you plan to do tomorrow:

Activity No. 1: _____

Activity No. 2: _____

Activity No. 3: _____

Strongest Negative Feeling

Activity No. 1: -10 -9 -8 -7 -6 -5 -4

Activity No. 2: -10 -9 -8 -7 -6 -5 -4

Activity No. 3: -10 -9 -8 -7 -6 -5 -4

Neutral Response

Strongest Positive Feeling

-3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10

-3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10

-3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10