# THE TRUE NORTH

*What matters most in this season?*

NORTH

## *More Of*

*What do I want to invite into my life?*

WEST

## *Resistance*

*What am I avoiding?*




EAST

## *Curiosity*

*What keeps catching my attention?*

SOUTH

## *Less Of*

*What am I ready to release?*

### *Reflection*

*If I trusted myself a little more this week, what would I do next?*