

TRUE NORTH

Wanderlust, Desires, and Dreams

Module 4, Video 4



North Star Quote:

Don't keep going on a path you know is wrong, for the sake of looking to others like you know where you're going. Be unafraid to waste time for God.

Confronting the “arrival” fallacy and time-wasting fallacy

Journal on the following questions:

1. When I arrive at an answer to the decision I'm seeking, what have I been expecting to feel? (clarifying expectations is important!)
2. Think about a time when I reached a milestone in the past. How long did it take before I started the journey for another milestone?
3. How can I adjust my expectations so I stop expecting I'll "arrive"?
4. What can I do today that's meaningful? How do I see God forming me right now in the waiting?

Confronting the originality fallacy

Do you fear that you're unoriginal? If so, do one or both of these two exercises:

1. Talk to three friends. Ask them, "what do you see as my unique gifts and talents?" You'll be amazed how they can see things about you that you can't! Brainstorm together and see what ideas you come up with together.
2. Just do something. Tell yourself ALOUD, "I'm allowed to be bad at it." Just do it, even if it's unoriginal. Then repeat. Often, the best way to discover your originality and your voice is simply to get out of your head and try something. You hone your voice by *doing*, not thinking about doing.

Confronting fear of suffering

Am I afraid of suffering when I choose either option A or B at the end of the course? If so, do this exercise.

1. Ask: What's the worst that could happen if I choose option A?
2. Now make a plan of what you will do get out of that scenario if it happens.
3. Ask: What's the worst that could happen if I choose option B?
4. Now make a plan of what you will do get out of that scenario if it happens.
5. Reflect: What happens to my fear when I name it and make a realistic plan?

Finding lasting desires

Reflect: Imagine yourself on your deathbed in the future. Sit and imagine the scene and how you will feel. Look back on your life, bearing the end in mind. Journal:

1. What are you glad you did?
2. What do you wish you had let go of?
3. What dreams do you wish you had realized?
4. What dreams become more important from the "deathbed" perspective?
5. What do I need to give priority to in my life, that I'm not prioritizing now?
6. What should I spend less time on?
7. How will I feel at the end of my life if I spend my time and energy on the projects I know are worthy?

If you have journal entries from several years ago, read through them. Pay attention to what you were passionate about then, what you wanted, what gave you a sense of mission and challenge.

8. What's been knocking on my heart for some time?
9. What's been following and pursuing me?
10. What do people ask me for? What do people tell me I'm good at?