

TRUE NORTH

Embark with Courage

Module 5, Video 2



North Star Quote:

“The only real sadness, the only real failure, the only great tragedy in life, is not to become a saint.” -Leon Bloy

Choose any of the following to help you make your decision and journal on the questions. You may need to use only one, or perhaps several:

1. **“Deathbed and Judgement” Imagination:** Imagine yourself on your deathbed and facing your final judgement. Which course of action then will you wish you had taken now?
2. **Outsider’s Advice:** Write yourself a letter. Imagine what you’d tell a best friend who was in your situation, since you want what’s best for them. Then, take your own advice!
3. **Pros and Cons:** List the advantages and disadvantages of option A and then option B. Make the decision based on good sense, not on emotion. Also, pay attention to which pros and cons have more weight. Which pros are more important to you, and which are factors that are less important?
4. **Confirmation:** You can ask God to confirm your decision. Your will to please him does please him, and you can be sure that if you feel a sense of peace then your decision has been confirmed.
5. **Three Day Option:** Imagine for three days that you have made the decision to do option A. Sit with it for three days. Don’t let yourself go back and forth, but act and think as though it was already decided. Then, for three days, imagine you had chosen option B. Which showed itself to be the better option?
6. **Your Future Self:** Put yourself ten years in the future. Imagine yourself going through life having chosen option A, then option B. This reveals is the day-to-day realities of living with the choices before you. Is there a feeling of excitement and challenge in that vision of your future self, or a gripping sense of sadness?

Space for journaling:

