

RECLAIMING YOUR INNER COMPASS 2026

A True North® Reflection Worksheet

Designed for leaders who are ready to begin the year with clarity, alignment, and intention—without force.

Welcome. If you're reading this, you likely sense that something needs to shift—not because anything is wrong with you, but because you've outgrown patterns that once served you.

The turn of a new year often brings pressure to reinvent ourselves, set ambitious goals, and promise dramatic change. This reflection offers a different path. Rather than adding more to your life, we begin by creating space. Rather than forcing transformation, we practice reclamation—of clarity, of intention, of the leader you've always been beneath the noise.

This is not about optimization. It's about coming home to yourself.

HOW TO USE THIS REFLECTION

Set aside 20–30 uninterrupted minutes.

Find a quiet space.

Move slowly.

There are no right answers—only honest ones.

This is not a productivity exercise. It is an orientation practice.

PART I: RELEASING WHAT NO LONGER SERVES

As we begin a new year, clarity often starts with letting go.

1. What am I complete with in this season of my life or leadership?

(Consider roles, expectations, patterns, commitments, or identities that no longer fit.)

2. Where have I been operating on autopilot rather than intention?

PART II: RECONNECTING TO YOUR INNER COMPASS

Your inner compass reflects what matters most—beneath noise, urgency, and external pressure.

3. When do I feel most like myself?

(Think moments of ease, truth, grounded confidence, or quiet clarity.)

4. What values feel most alive for me right now?

(Circle or write 1–3. These may be different from past seasons.)

PART III: DEFINING ALIGNMENT FOR THIS YEAR

Alignment is not about perfection.

It's about coherence between who you are and how you live and lead.

5. If this year were guided by alignment rather than achievement, what would be different?

6. What does "success" need to mean in this season for me to feel whole—not just accomplished?

PART IV: ANCHORING YOUR TRUE NORTH®

Rather than setting goals, anchor your year in a guiding principle.

7. My guiding word, value, or intention for this year is:

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8. One small way I can honor this intention in my daily life or leadership is:

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CLOSING REFLECTION

You've just engaged in an act of leadership that doesn't show up on any performance review: you chose presence over productivity. You honored your inner knowing. You created space to listen.

What you've named in these pages matters—not because you must now execute perfectly on every intention, but because you've reestablished connection to your compass. The work of alignment is never complete; it deepens with each season of your life and leadership.

There will be days when the clarity you've found here feels distant. When urgency drowns out intention. When old patterns pull you back toward autopilot. This is not failure—it's the nature of being human in complex systems. In those moments, return to this reflection. Notice what has shifted, what remains true, and what new questions have emerged.

Your inner compass never stops working. It's been guiding you all along, even when you couldn't hear it clearly. This practice simply reminds you how to listen.

Keep this close. Use it not as a measure of your progress, but as a mirror for your truth.

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This reflection is part of Chelese Perry's proprietary True North framework and is intended for personal reflection and development.

