

COURSE TITLE: THE PATHWAY TO TRUE NORTH: Recovering Your Essential Self

WA CLOCK HRS: 60
OREGON PDUs: 60

NO. OF CREDITS: 6 QUARTER CREDITS
[semester equivalent = 4.00 credits]

INSTRUCTOR: Brenda McKinney
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COURSE DESCRIPTION:

Issues and traumas from childhood combined with current personal and professional stress can cause any of us to feel lost and disengaged with life. But we don't have to stay that way. Celebrated life coach, Martha Beck lays out a clearly defined path to recover a vital sense of self using her text and journal titled Finding Your Own North Star: Claiming the Life You Were Meant to Live, the basis for this course. Participants will follow step-by-step reading and journal activities that uncover how and why we self-sabotage. You will also rediscover the way towards your own "north star". This course provides the experience and learning for you to reclaim body knowledge, intuition and emotional discernment—all keys to finding the path back to hope and new energy. Join me for this experience of a lifetime. It is a chance to heal, reacquaint with your authentic self and release the pressures that have kept you unhappy and unfilled. What's more, your own self re-discovery will be an immense source of inspiration as you see and work differently with many of your lost and troubled students. This course is a must for all educators.

It's your road, and yours alone. Others may walk it with you, but no one can walk it for you

Rumi

LEARNING OUTCOMES: Upon completion of this course, participants will have:

- Learned about the roles of the essential and social self and how to balance them
- Increased your sensitivity to bodily intuition and regain some measure of emotional healing
- Explored how to repair your emotional compass through journaling, personal soul searching and learning about your the neuroscience of your brain
- Gained a clearer sense of what makes you come alive and how to follow your true passion for life
- Learned techniques for managing anger and resentment, along with healing old memories that like to resurface

COURSE REQUIREMENTS:

Completion of all specified assignments is required for issuance of hours or credit. The Heritage Institute does not award partial credit.

HOURS EARNED:

Completing the basic assignments (Section A. Information Acquisition) for this course automatically earns participant's their choice of CEUs (Continuing Education Units), or Washington State Clock Hours or Oregon PDUs. The Heritage Institute offers CEUs and is an approved provider of Washington State Clock Hours and Oregon PDUs.

UNIVERSITY QUARTER CREDIT INFORMATION

REQUIREMENTS FOR UNIVERSITY QUARTER CREDIT

Continuing Education Quarter credits are awarded by Antioch University Seattle (AUS). AUS requires 75% or better for credit at the 400 level and 85% or better to issue credit at the 500 level. These criteria refer both to the amount and quality of work submitted.

1. Completion of Information Acquisition assignments 30%
 2. Completion of Learning Application assignments 40%
 3. Completion of Integration Paper assignment 30%
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CREDIT/NO CREDIT (No Letter Grades or Numeric Equivalents on Transcripts)

Antioch University Seattle (AUS) Continuing Education Quarter credit is offered on a Credit/No Credit basis; neither letter grades nor numeric equivalents are on a transcript. 400 level credit is equal to a "C" or better, 500 level credit is equal to a "B" or better. This information is on the back of the transcript.

AUS Continuing Education quarter credits may or may not be accepted into degree programs. Prior to registering determine with your district personnel, department head or state education office the acceptability of these credits for your purpose.

ADDITIONAL COURSE INFORMATION

REQUIRED TEXT

Finding Your Own North Star: Claiming the Life You Were Meant to Live by Martha Beck.

- Used from \$2.00, \$15.63 new from Amazon. Most Barnes & Noble have this one in stock. ISBN: [987-0-8129-3218-8](https://www.amazon.com/dp/9870812932188).
- Choose whether you want a paperback or the hardcover based on font size and ease of reading.
- Accompanying text is *Finding Your Own North Star: Claiming the Life You Were Meant to Live, JOURNAL*. Used from \$4.00, \$14.99 new from Amazon. ISBN: [978-0-307-46198](https://www.amazon.com/dp/9780307461988). Hardcover from \$2.13.

Finding Your Own North Star Journal: Claiming the Life You Were Meant to Live by Martha Beck.

- Used from \$3.75. New from \$15. ISBN-13: 978-0307461988
- ***Finding Your Own North Star: Claiming the Life You Were Meant to Live***
ISBN# 0812932188
by Beck, Martha
Harmony

[Buy from Amazon](https://www.amazon.com/dp/9870812932188)

MATERIALS FEE

None

ASSIGNMENTS REQUIRED FOR HOURS OR UNIVERSITY QUARTER CREDIT

A. INFORMATION ACQUISITION

Assignments done in a **course forum** will show responses from all educators active in the course. Feel free to read and respond to others comments.

Assignment #1: Introduction

You must complete your introduction before moving on to other assignments.

In a 500+-word response, share your current assignment, what led you to take this course and imagine how this course will enhance your personal wellbeing/career as well as your personal goals.

Assignment #2: The Disconnected Self

Read chapter 1 in your text, *Finding Your Own North Star*. In your North Star journal, take and score the Connection Questions Quiz and complete pgs. 8-11 on The Disconnected Self. Be sure to include the results in your final response, which is specified below.

View the following video:

FINDING YOUR OWN NORTH STAR: How To Claim The Life You Were Meant To Live By Martha Beck

<https://www.youtube.com/embed/cvmdTOMWlvM?autoplay=1&controls=1&showinfo=0>

Your Social Self's Mantra May be Detrimental To Finding Your North Star

https://www.youtube.com/embed/_RUqqESK8lc?autohide=1&controls=1&showinfo=0

Martha Beck says we get disconnected from our essential selves through an over-reliance on our social selves. Meet both selves and begin to embrace the role each of them plays.

In 750+ words respond to the questions/prompt/video:

- Give some examples of how your social self shows up at home and at work. What are the benefits of your social self in these situations? In what ways might your social attitudes and behaviors be costing you more than it's good for you or others? Incorporate into your response reflections on 3-4 questions in the survey to which you responded Never or Rarely.
- In what ways does your essential self function at home and at work? How does that feel? In what ways does your essential self shut down? Incorporate into your response reflections on 2-3 survey questions in which you responded Often or Sometimes.
- Beck talks about the experience of non-doing, a kind of natural flow state. Recall and describe a time in which things just seemed effortless and flowing at work or home. What in you made it possible for this flow state to arise?
- What new learning about the social/essential self spoke to you and why?

Assignment #3: Listening to Your Essential Self: Learning to Say No

Read chapter 2 in Finding Your Own North Star. In your journal complete pgs.13-25 on How You Say No. Include the writing activities and Worst-Case Scenario activity.

View the video:

- Finding Your Life's Purpose, this link brings you into Martha's life coaching as you experience the teaching while she coaches a colleague.

<https://www.youtube.com/embed/YcKttVve6rQ?t=653?autohide=1&controls=1&showinfo=0>

Martha Beck shares how the essential self communicates and the mechanisms it uses to sabotage the social self when heading away from your True North. Learn about shoving that social self out of the command center and how to say "no" again.

In 750+ words respond to the prompts, journal/writing/activities/video:

- What light has been shed on your feelings of disconnect and the unwillingness to be honest about your true feelings? As these feelings surface talk about the many ways you feel you keep saying yes, even though you would like to say no.
- Analyze the most common ways your essential self signals 'no' to your social self. Which of these symptoms resonated with you? What things do you routinely see triggered in your own life?
- Describe how the video explains softening those critical voices in order to rewire your brain and realign your True North? How did the video assist your true feelings in realizing the battle between the head and your heart?
- What was most helpful in allowing you to recognize what is needed to change and steer towards your North Star.

Assignment #4: Getting to Yes

Read chapter 3 in Finding Your Own North Star. In your journal complete pgs.27-38 including the Best-Case Scenario activities.

Watch the video:

- Letting Go of the Past, by Martha Beck.

<https://www.youtube.com/embed/m9w4AAG4Rew?t=9?autohide=1&controls=1&showinfo=0>

Martha Beck says that getting the essential self to say yes is easy and liberating. You are on a journey which always means change. Martha says discovering how the reality of our essential self is freeing and life affirming.

In 750+ words respond to the questions/prompts/video:

What was enlightening about the kinds of activities/people that give you energy? Use the chart as a basis for your discussion.

- Summarize the difference between memories that nourish versus those that deplete you? Use your personal experiences to shed light on your ability to move to yes.
- Explain the state of bliss addressed in this chapter. Provide personal experiences in your explanation. Focus on things that you are passionate about, what you love to do and when you feel comfortable with yourself.
- What did you learn about the activities and people in your life that produce and reconnect you to your energy flow? Describe the navigational tools that can assist you with your journey of moving towards saying yes.
- Return to your worst- and best-case scenarios to analyze things that surprised you, the acknowledgement of things you have buried, and the change in your understanding of who you are and what you want.
- Using the reading as a guide, what examples or stories spoke directly to you and provided additional guidance?

Assignment #5: Everybody is Not Out to Get You

Read chapter 4 in your text, Finding Your Own True North. Complete the exercises using your book pgs. 59-78. There are no formal journal activities for assignment 5 but continue to journal your feelings and understandings.

- Read the article on the empathy workout by Martha Beck

<https://marthabeck.com/2013/03/the-empathy-workout>

Watch the following videos:

- Finding Your Tribe

https://www.youtube.com/embed/v_Zyl6kTq50?t=64?autoplay=1&controls=1&showinfo=0

- "Anyone who comes into your life, under any circumstances, has something to teach you." Martha Beck

<https://www.youtube.com/embed/NNBiF1aBW9Q?t=76?autoplay=1&controls=1&showinfo=0>

Martha Beck brings to light new learning about our everybodies. Our everybodies are the people in our personal circle who share commonalities with us. You will be doing soul searching as you reflect on those who surround you and whether they are helpful in moving

In 750+ words respond to the questions/prompts:

- What did you discover about your Everybody group? How much control do you feel your group has over the lies/truths you are telling yourself?
- Consider the four groups that commonly factor into how we choose our everybodies.
- Discuss your new realization that no single person from your everybodies can control your choices. How did your responses on the self-perception exercises help you define which way you are headed?
- What lies have you identified that limit your belief in yourself and your own journey?
- What are the mantras that your social self has created and how have those messages resonated throughout your life? What changes have already occurred that make you feel safe enough to continue the search for your own North Star with everybody on your side?

Assignment #6: Getting Everybody on Your Side

Read chapter 5 in Finding Your Own North Star. Complete the exercises in your pgs. 80-103. There are no formal journal activities for

assignment 6 but continue to journal your feelings and understandings.

Watch the following videos:

- Passive Aggressive People and Dealing with Relationships Where You Feel Manipulated, Martha Beck

<https://www.youtube.com/embed/3Kod75fUtkw?t=4?autoplay=1&controls=1&showinfo=0>

- Why Can't We Just Be Friends

<https://www.youtube.com/embed/ZBoOEbwgStw?t=14?autoplay=1&controls=1&showinfo=0>

Martha Beck says that in order to change we all need support. Research confirms that changing habits is best done with those who will support and take the journey with us. Martha says that our culture we can all journey to True North ourselves, but she confirms that we must have social support to be bold, enter healing, and to release those traumatic memories from our past.

Please note: The exercises recommended by Martha are best completed with a friend/friends. Your memory will often screen out the truth; the power of group dynamics will help you get closer to your opposing forces of your everybody.

In 750+ words respond to the questions/prompts /video/reading:

Consider the opposing forces of your "everybody" group. What alternative voices do you hear and how do you see yourself managing them.

- Evaluate and look for deep meaning about your feelings of helplessness and being a victim.
- What battle is waged between your head and your heart; your essential self, versus your social self?
- How did the video on friendships allow you to evaluate everybody in your circle and what kind of friend they truly are? What steps are you willing to take to create, along with the time commitment, the "everybody circle" that will embrace your journey to True North?
- What additional steps are needed, if any, to be free and to audaciously go about this next phase of your journey?

Assignment #7: Repairing Your Emotional Compass

In your text, Finding Your Own True North, read chapter 6 and 7. Complete the exercises, pgs. 104-136. There are no formal journal activities for assignment 7 but continue to journal your feelings and understandings.

- Read the following articles:

<https://www.oprah.com/spirit/boost-your-self-esteem-martha-beck-on-body-image/all>

<http://www.oprah.com/inspiration/martha-beck-how-to-heal-emotional-wounds>

Watch the following videos:

- Intuition, how to recognize your thinking brain versus intuition

<https://www.youtube.com/embed/3x640PKWjGE?t=75?autoplay=1&controls=1&showinfo=0>

- Your Body Compass and Learning to Read Your Intuition

<https://player.vimeo.com/video/198570622?portrait=0>

Martha Beck says your body will tell you the truth about getting to your own North Star. You will discover how to use your body knowledge to discover how your essential self feels about your old lifestyle and the navigational tools needed for your new True North life.

In 750+ words respond to the questions/prompts/video/reading

- What did you learn about your emotional wellness from the reading and the video links? What surfaced that you know must be dealt with before you can find True North?
- What did you experience in the Climbing Back into Your Body exercise? What healing needs to occur in your body so that you can read and develop your emotional compass?
- Explain the role of intuition, your second brain, as you analyze these indicators needed for your healing. What was new learning for you in the area of trusting your body to give you specific messages? Are you able to identify what is still standing in your way?
- Beck says that we need to feel every pain in our body and address everything that feels locked up and address it. The exercises were a way for you to get started. How are you better informed and ready to do battle with your social self than you were before this section? What strength has emerged that will carry you forward?

- Consider your body 's positive and negative reactions while doing the exercises and viewing the video links? What new information have you discovered that gives you strength and ready for the changes that are coming?

Assignment #8: Reading Your Emotional Compass

In your text, Finding Your Own True North, read chapter 8. Do the exercises for the Four Magic questions in your journal, pgs. 40-47. Also complete the exercises in this chapter.

- Read the article on Emotional Blind Spots by Martha Beck.

<https://marthabeck.com/2011/11/seeing-your-emotional-blind-spots/>

Martha Beck tells us that paying attention to emotions can access information that will not only help map out a route to True North but will help you act on what you are learning. If you have been feeling your emotions are out of control, this section provides the learning that will ground you in how to set your emotional compass.

In 750+ words respond to the questions/prompts/reading:

- Consider the reality that all change is going to come from your core, from the things you really feel and want. Are you feeling unnerved by realizing that you have a choice to follow these feelings and instincts or to shut them down? Explain how your emotions connected to this learning and how you managed these feelings.
- What dialogue are you hearing between your two selves? Are the rules of the social game still binding you and your feelings of freedom and getting your emotional compass set to True North?
- Repairing the emotional compass requires action, patience, understanding, and the how to steps provided by Beck. Explain your journey through allowing your emotional wounds to resurface and whether you were able to directly address them. What surfaced about how you need to change?
- What are your feelings about the four magic questions? How have the exercises helped you define and map out a route to your True North? How did the additional information you gained help you to be prepared act on what you have learned?

Assignment #9: Charting Your Course

In your text, Finding Your Own True North, read chapter 9 and complete the exercises. In your journal, complete the Compass Reading on pg. 49, then do the accompanying journal/writing activities pgs. 50-74.

Watch the video:

Harnessing Fear, Martha Beck

<https://www.youtube.com/embed/A8twsuRwVXs?t=10?autoplay=1&controls=1&showinfo=0>

Martha Beck says that learning to listen to our emotions and dealing with fear is much more direct than any advice you could receive from counseling. It is forward looking. The next step is learning to move forward in life using the navigational equipment you have discovered.

In 750+ words respond to the questions/prompts/video/reading:

- What did you discover from the compass reading? What options did this present for you to move forward? Do a quick check of your emotions. Are your emotions are talking to you in truth or do you feel your real self is hiding and being deceptive? What are you avoiding? Take time to embrace and think about the areas that are causing you pain, what you are avoiding, the progress you are making, and then spend time breathing and releasing.
- What activities in the journal caused you the most angst? Could you hear your own voice cheering you on and did it move you forward? Inaction is giving up. What steps are you taking in this section that you know will be life changing and that show your action steps?
- What losses were important for you to grieve while considering your emotional compass?
- How can you schedule in specific time every single day to encourage, support, and bolster yourself? Meditation? Music? Walking in nature?
- In what ways has the burden been lifted? What changes have allowed you to feel more hopeful, lighter, more effective and experiencing the feelings of helplessness in staying on the course of True North?
- What was your reaction to learning about anger, the steps in dealing with it, and your understanding of the feelings for the opposing person? How can you move from trying to punish another person to realizing that you must stop feeling angry in the face of what the other person is doing?
- What did you learn about your own joy, how to hang on to it and why it can be fragile? What have you realized is your role in training your brain and harnessing your emotions so that you continue towards True North and joy in your life?

Assignment #10: A Map of Change

In your text, Finding Your Own True North, read chapter 11 and complete the exercises. In your journal complete pgs. 77-86.

Watch the following videos:

- Letting Go of the Past by Martha Beck

<https://www.youtube.com/embed/m9w4AAG4Rew?t=14?autoplay=1&controls=1&showinfo=0>

- How to Forgive and Let go of Your Past

<https://www.youtube.com/embed/7un8uug7grc?t=5?autoplay=1&controls=1&showinfo=0>

*** Optional. View if appropriate to your belief system.

Finally Feeling Guided to my North Star

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<https://www.youtube.com/embed/tGKno3FxoWk?t=3?autoplay=1&controls=1&showinfo=0>

In 750+ words respond to the questions/prompts/video/reading

- What events in your life were catalytic events? How many of them turned into opportunities? Are you now able to see joy in something that at one time caused a great deal of pain?
- What did the video on Letting Go of the Past or How to Forgive and Let Go of Your Past teach you about why you continue to hang on to those memories and gain a certain pleasure from not letting them go.
- Recall a memory and share about walking through a difficult event, how you made a transition, and whether you were able to turn it into something rewarding. How rewarding is it now to look back at the strength it took and how joyous it feels?
- What general instructions about the journey resonated with you? Where do you see your strengths and weaknesses being exposed and used? What did you learn about managing the squares and the squares assisting you?
- How do the squares provide a structural format gives you a formula for dealing with emotions, your change and journey? Provide specifics from your learning.

ADDITIONAL ASSIGNMENTS REQUIRED FOR UNIVERSITY QUARTER CREDIT

B. LEARNING APPLICATION

In this section you will apply your learning to your professional situation. This course assumes that most participants are classroom teachers who have access to students. If you do not have a classroom available to you, please contact the instructor for course modifications. Assignments done in a course forum will show responses from all educators active in the course. Feel free to read and respond to others comments.

Assignment #11: Design a Lesson Plan

Describe in detail a lesson or series of activities you would do with students conveying some aspect of what you gained from this course on Finding True North. Identify the main themes and the subjects: reading, writing, arts, history, media studies.

What would you want students to come away with and how would you evaluate your outcomes?

- The link for the new Lesson Plan.
<https://www.hol.edu/about/lesson-template>
- Additional reading to help with lesson design
<http://http://www.markmerrill.com/how-true-north-and-magnetic-north-impact-your-life/>?
- Explore the idea of a Genius Hour, a long term project that allows kids to use their creativity and passion: <https://geniushour.com/>.
- Ideas for projects:
<https://www.coolcatteacher.com/7-ideas-for-student-genius-hour-and-passion-projects/>

Assignment #12: Continue the True North Journey and Healing

In your text, Finding Your Own True North, read chapter 12. Then choose one of the following to express your thoughts, your journey, your own path to True North.

Continue your journal writing pgs. 87-139. After the reading, design a mind map that links your prior learning to the Magic Squares. The mind map needs to show your journey through each square one through four. Include thoughts on the ideal world, the real world, and your catalytic event. Minimal words are acceptable, pictures, graphics, lettering is encouraged. Use your creativity. Look under life choice mind maps for ideas. Must be in color, use pictures, graphics, and single words. Check out mind mapping for help if needed. Should be created using the computer or on an 11 X 17 piece of paper. Must address all four squares.

Share the intention of the mind map and how creating it affected your personal journey.

.Respond in a 750+ word response. Share your healing, your growth, and your goals for what's next. Track your changes in thinking, healing, ability to move closer to your True North.

Assignment #13: Wayfinding

Go to Martha Beck's website. Click on Wayfinding. Choose from the articles listed and read 10.

<https://marthabeck.com/category/wayfinding/>

In a 750+ word response, share your own powerful moments with the reading. Then . You share with a colleague, friend, or one of your "everybody" tribe members. Document the sharing and include this in your response.

Assignment #14: (500 Level ONLY)

Research and describe educational approaches, programs and/or schools which support a greater balance between the social and essential selves. Explain how you see this fitting into our school/district/classroom. Example of websites follow. Completing this study will enable you to integrate your learning about finding your own north star with developing those skills in your students.

Building Resilience

<https://www.childtrends.org/what-can-schools-do-to-build-resilience-in-their-students> Cite your sources and reading.

<https://positivepsychology.com/resilience-in-children/>

<https://www.edsys.in/10-activities-for-teachers-to-grow-leadership-skills-in-children/>

Reading and cite at least 5 websites. Include what you have learned in your final response.

In 500+ words summarize your reading, learning and the ideas that you would like to use.

Assignment #15: (500 Level ONLY)

Complete one (1) of the following options:

Option A)

Is there a gender difference in terms of a bias toward the social self or an impairment in one's emotional compass? Are men more constrained than women or vice versa, and in either case, how do you justify your position? Cite authoritative sources and articles. Check out the following references as a launching pad for your own research and opinions.

Working with male vulnerability

<https://youtu.be/rotwl8ISyQo?t=4>

Working with vulnerability

<https://youtu.be/sXSJc-pbXk4?t=2>

The Power of Vulnerability

<https://youtu.be/gkWNz2G9T24?t=3>

the Power of Vulnerability and Emotions

<https://youtu.be/0TkEA3awGnc?t=7>

Authentic Leadership, True North

In a 500+ word response, share your research, learning and what you will carry forward from this assignment. Be sure to highlight things that were surprising for you or things that you had never considered. Be sure to include your resources.

OR

Option B)

Design Your Own Assignment with Instructor Permission

Assignment #16: (500 Level ONLY)

Choose and view 5-7 video links from the list provided in your bibliography or from personal choices and research (listed under Wellness and Life Changes). Design a workshop or program that could be shared with your school /classroom/ unique situation for implementing the ideas of social/emotional learning and True North.

In a 750+ word response, reflect on your learning, your choices, the investigation and research and how you will use the videos, please be specific.

C. INTEGRATION PAPER

Assignment #17: (Required for 400 and 500 Level)

SELF REFLECTION & INTEGRATION PAPER

(Please do not write this paper until you've completed all of your other assignments)

Write a 350-500 word Integration Paper answering these 5 questions:

1. What did you learn vs. what you expected to learn from this course?
 2. What aspects of the course were most helpful and why?
 3. What further knowledge and skills in this general area do you feel you need?
 4. How, when and where will you use what you have learned?
 5. How and with what other school or community members might you share what you learned?
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INSTRUCTOR COMMENTS ON YOUR WORK:

Please indicate by email to the instructor if you would like to receive comments on your assignments.

QUALIFICATIONS FOR TEACHING THIS COURSE:

Brenda McKinney, CEO of Vancouver, WA based BrainVolution, is a developer and dynamic facilitator of workshops that teach practical thinking and learning tools for raising student achievement with the brain in mind. She has trained educators throughout the Pacific Northwest and is a popular presenter because of her ability to motivate, make things fun, and teach practical techniques for the classroom that can be used immediately. Brenda continues to read hundreds of books and articles on the subject of neuroscience and searches for the answer to success for every student. Her work with at-risk students and those with reading problems have made her a popular speaker at the state, regional and national level.

Brenda is able to synthesize the new research and continues to address the role of how to use the latest findings to create high achievement classroom. She brings 30+ years of experience at the elementary, middle school, high school and university level as a mentor teacher, consultant, motivational speaker, university instructor, and reading specialist. Brenda has her Master's in Education from Washington State University and is nationally certified in Brain Based Learning through the renowned Jensen Corporation, led by Eric Jensen, a noted international spokesperson for neuroscience and education.

Brenda will inspire and motivate you with her energy, enthusiasm and knowledge. Her wisdom, techniques, and brain based approach to education will inspire you and challenge you to meet the demands of this ever changing world.

BIBLIOGRAPHY

THE PATHWAY TO TRUE NORTH: Recovering Your Essential Self

- Adams, Kathleen, MA. 1990. *Journal to the Self: Twenty-Two Paths to Personal Growth*. Grand Central Publishing.
- Bayer, Mike. 2019. *Best Self: Be You Only Better*. Harper Collins, New York. ISBN: [987-0 06291173-5](#). This book is written by life coach, Mike Bayer. I know you would enjoy reading it and be inspired by the way the message is presented. He approaches your healing through each of the spheres of your life. This is a must have for reading when you have time to journey further in seeking your True North.
- Beck, Martha. 2008. *Steering by Starlight. The Science and Magic of Finding Your Destiny*. McMillan Press. ISBN: [978-1-60529-864-3](#). This choice is perfect for all of you who have studied and journeyed with me in True North. This book is an aide in staying on course and reminding you again about how to overcome obstacles. Remember that in all learning there are setbacks, if you run into any roadblocks, are still struggling in your True North direction, then you will enjoy meeting up with Martha again in this one. I know you will enjoy the approach of looking at the Stargazer, the Mapmaker, and the Pathfinder.
- Beck, Martha. 2003. *The Joy Diet: 10 Daily Practices for a Better Life*. Crown Publishers. ISBN: [0-609-60990-4](#). Martha nailed

this one for all of us. 10 things you can do every day to keep joy in your life. I know that all of us struggle with the daily routine, this is the perfect option, almost like taking a prescription.

- Bernstein, Albert PhD. *Emotional Vampires: Dealing with People Who Drain You Dry*. ISBN: 978-0-07-179095-6. You will learn about your everybodies. Even if people are not in your circle, there are many you still must work with, there are also relatives, spouses, children. This book was added to help you with those who set you off or create a type of anger in you. What I enjoyed is that Dr. Bernstein addresses each vampire type and what to do so you do not get drained or move into that reactive mode.
- Boyle, Sherianna. 2018. *Emotional Detox: 7 Steps to Release Toxicity and Energize Joy*. This is a different approach written by a yoga instructor and healer. I thought each of you would enjoy a different perspective when you have gone off the rails again. Clearing your pathways, activating positivity, surrendering to circumstance and easing into your best self are all ways to a healthier happier life. I love this approach and feels it is perfect with our True North learning.
- Brown, Brene. 2016. *Daring Greatly: Braving the Wilderness*. Penguin Books. ISBN: 9781592408412. This is one of my most popular resources for teachers, men and women. If you have read it, read again. This book will provide the needed inspiration for believing and journeying to your True North.
- Cope, Stephen. 2015. *The Great Work of Your Life: A Guide for the Journey to Your True Calling*. Bantam Books. ISBN: [97805338607-3](https://www.bantam.com/books/978053386073). A fabulous place to discover mindfulness, your passion and how to live life more fully.
- DeRusha, Michelle. 2019. *True You. Letting Go of Your False Self to Uncover the Person God Created*. Baker Books. ISBN: [97808010077913](https://www.bakerbooks.com/books/97808010077913). This book makes me feel restful. It reminds me that busyness is not how I should be loving my life. The message here is to declutter your heart and your mind through directed rest. True You offers those exhausted by the pervasive do-more, be-more messages of our society a path toward rest, renewal, and, ultimately, wholeness in Christ.
- Dyer, Dr. Wayne. 2007. *Change Your Thoughts, Change Your Life*. ISBN:978-1-4019-1184-3. Each of the 81 brief chapters focuses on living the Tao and concludes with a section called "Doing the Tao Now." Wayne spent one entire year reading, researching, and meditating on Lao-tzu's messages, practicing them each day and ultimately writing down these essays as he felt Lao-tzu wanted you to know them. This is a work to be read slowly, one essay a day.
- Dyer, Dr. Wayne. 2019. *Happiness is the Way: How to Reframe Your Thinking and Work with What You Already Have to Live the Life of Your Dreams*. Hay House. Just another reminder that we are the ones that must change. I love this quote from Dr. Dyer, "When you change the way you look at things, the things you look at change." The book shares Dr. Dyer's most class teachings. You will feel your life changed just by spending time with the master of change and transformation. Happiness is the way, but every part of happiness is a choice.
- Ross, Deborah, and Kathleen Adams. 2016. *Your Brain on Ink: A Workbook on Neuroplasticity and the Journal Ladder*. Rowan and Littlefield. ISBN:9781475814262. Use your brain, journaling and neuroscience to change your life. his workbook of expressive writing for brain change can lead to increased well-being. As you learn and apply the principles of neuroplasticity to your own life, staged and sequenced through masterful application of writing techniques designed to promote positive brain change, improved satisfaction will not be far behind.
- Stavridis, Admiral James. 2019. *Sailing True North: Ten Admirals and the Voyage of Character*. Penguin Press. ISBN: 9780525559931. This choice may seem random but for all of you interested in history and intrigued with your True North studies, this book will allow you to reach into another perspective in understanding how True North is achieved. This is a book that will help you navigate your own life's voyage: the voyage of leadership of course, but more important, the voyage of character. Sadly, evil men can be effective leaders sailing toward bad ends; ultimately, leadership without character is like a ship underway without a rudder. **Sailing True North helps us find the right course to chart.**

VIDEOS

The Four Technologies of Magic – Martha Beck

<https://youtu.be/TL7WTcF0-TY>

TAKING INVENTORY

Mindful - Healthy Mind, Healthy Life

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

Free Mindfulness Resources to Find Calm and Nourish Resilience During the COVID Outbreak

DIGITAL DETOX

What I learned from my social media fast.

<https://www.bing.com/videos/search?q=is+social+media+hurting+your+mental+health+ted+talks&&view=detail&mid=77D9E0FCBE95AAD178E77>

What You are Missing by Being a Digital Zombie

<https://www.bing.com/videos/search?q=is+social+media+hurting+your+mental+health+ted+talks&&view=detail&mid=0DDBE238724F2AC160700>

Let's Take Back the Internet

<https://www.bing.com/videos/search?q=rebekah+lyons+ted+talks&&view=detail&mid=752B123C97526FD869DA752B123C97526FD869DA&&FC>

BEING VULNERABLE

Facing Fear to Follow Your Heart

<https://www.bing.com/videos/search?q=heart+talks+for+women+ted+talks&&view=detail&mid=B302EA8263D787FB1C4EB302EA8263D787FB1>

Opportunity of Adversity
<https://youtu.be/dTwXeZ4GkzI> Aimee Mullins

Honoring and Working with Male Vulnerability
<https://www.bing.com/videos/search?q=vulnerability+and+men+ted+talks&&view=detail&mid=4361B48C4B8064ABD6F34361B48C4B8064ABD6>

COURAGE

For These Women Reading is a Courageous Act
<https://www.bing.com/videos/search?q=heart+talks+for+women+ted+talks&&view=detail&mid=AE01294CAAE887E1D03DAE01294CAAE887E1D>

10 Inspirational Talks from Women You Need To See
<http://www.chipchick.com/2019/06/10-inspirational-ted-talks-women-need-see.html>

Courage After A Ski Accident
<https://www.bing.com/videos/search?q=walk+for+wellbness+ted+talks&&view=detail&mid=59195B14D4C73176A25459195B14D4C73176A254&>

HAPPINESS

What Your Mother Didn't Tell You
<https://www.bing.com/videos/search?q=Health+and+Happiness+TED+Talks&&view=detail&mid=1DB390A45AB59B3494C31DB390A45AB59B34>

How to Overcome Our Natural Predisposition for Suffering
<https://www.bing.com/videos/search?q=Health+and+Happiness+TED+Talks&&view=detail&mid=6AA61258DE7776410D796AA61258DE7776410>

Why Lifestyle Matters More Than Happiness
<https://www.bing.com/videos/search?q=Health+and+Happiness+TED+Talks&&view=detail&mid=7CD6BCC9409EF1E9AD637CD6BCC9409EF1E>

You Don't Find Happiness, You Create it
<https://www.bing.com/videos/search?q=Health+and+Happiness+TED+Talks&&view=detail&mid=479D10D38DC719F4F38A479D10D38DC719F4>

Social Circles and Forming Relationships
Helping Others Makes Us Happier but it Matters How We Do it
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GET HEALTHY

Heal Your Gut, Heal Your Happiness
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FINDING YOURSELF

Why I Quit my Job and Became a Street Performer
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Healing Your Heart
Breaking the Silence about childhood Trauma
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How Childhood Trauma Can Make You a Sick Adult
<https://youtu.be/y3cCAcGeG8E>

PLAY

The Power of Play
<https://www.bing.com/videos/search?q=importance+of+play+in+wellness+ted+talks&&view=detail&mid=1B541E0526F7F4F4D1DD1B541E0526F>

Learning Brain versus Survival Brain
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Just Walking
Why I Started Walking People
<https://www.bing.com/videos/search?q=walk+for+wellbness+ted+talks&&view=detail&mid=1A403472120B8889CDD91A403472120B8889CDD9>

Get Hooked On Nature
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Sitting is the New Smoking
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Move Your Body, Turn on Your Brain
<https://www.bing.com/videos/search?q=walk+for+wellbness+ted+talks&&view=detail&mid=8078BE9764A8FC7B93D48078BE9764A8FC7B93D4&&FORM=VRDGAR>

