

FIND YOUR BEARING

A simple compass for deciding what matters, where you're going, and where to start.

Direction before motion.

You can have every sail raised, a strong wind behind you, and a crew working hard—and still be headed in the wrong direction.

Before you work harder, move faster, or try to fix everything at once, take a few minutes to check your bearing.

Direction → Alignment → Action

True North Coaching & Leadership Jim Dixon



DIRECTION

See It Before You Set It

Walt Disney died in 1966, several years before Walt Disney World opened.

There's a story told about someone admiring what had been created and commenting on what a shame it was that Walt never got to see it.

The response was simple:

"He saw it. That's why it's here."

Walt Disney couldn't walk through the finished park, but he could envision something that didn't exist yet. That vision created a direction others could build toward.

What can you see that isn't here yet?

Before you set another goal, add another task, or make another resolution, give yourself permission to look beyond today's to-do list.

If one area of your life were meaningfully better 6–12 months from now, what would you want to be different?

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Now find your WIG.

Your Wildly Important Goal (WIG) is the one result that could make the greatest meaningful difference in the area you've chosen.

Not ten goals.

Not everything that's wrong.

One thing that could move the needle.

My WIG:

By _____, I will _____

Don't tackle the whole list.

A long list can make us feel productive while scattering our attention across too many things.

Ask instead:

What are the three most important moves I can make toward my WIG?

1. ____

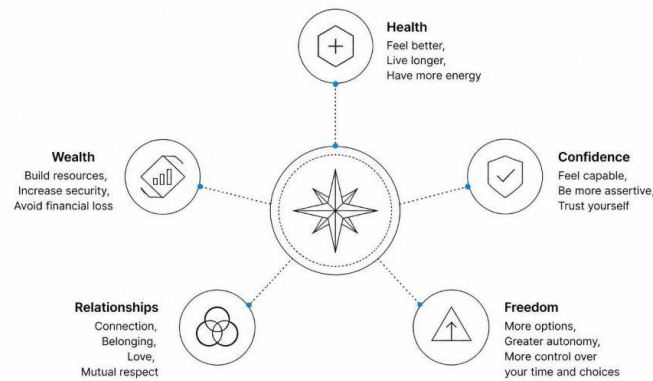
2. ____

3. ____

Finish the important things. Then choose the next three.

Vision gives you direction. Focus creates progress.





ALIGNMENT: What are you trying to create more of?

Most of the things we're working toward connect in some way to a few fundamental desires.

HEALTH Feel better • Live longer • Have more energy

WEALTH Build resources • Increase security • Avoid financial loss

CONFIDENCE — feel capable • be more assertive • trust yourself

RELATIONSHIPS Connection • Belonging • Love • Mutual respect

FREEDOM More options • Greater autonomy • More control over your time and choices

Which one is asking for your attention right now?

Now go a little deeper.

What bothers you most when it's missing—from yourself or from others? Think of a time when you were proud of how you showed up. What were you doing—and what mattered about it? What are you unwilling to sacrifice just to become more successful, productive, or comfortable?

Look back at your answers. **What keeps showing up?** Those clues can point toward the values underneath your goals.

My three anchors:

1. ____
2. ____
3. ____

Values aren't words you put on a wall. They're supposed to help you decide what gets a YES and what gets a NO.

Now look back at your WIG. Does this goal actually align with what you say matters?

☐ Yes ☐ Not really ☐ I need to rethink it

That last answer isn't failure. That's what a compass is for.

CHECK YOUR ALIGNMENT

The Four Cs

You know where you want to go. You've identified some of what matters.

Now let's look at how you're showing up along the way.

Rate yourself from 1 (needs attention) to 5 (strong and consistent).

COMMITMENT

Following through when motivation fades.

I consistently do what I've decided matters—even when I don't particularly feel like doing it.

1 2 3 4 5

CONFIDENCE

Built not from ego, but from evidence and experience.

I trust myself to take action, learn, adjust, and handle what comes next.

1 2 3 4 5

COMMUNICATION

The ability to speak truth and listen well.

I communicate what I need, clarify expectations, ask questions, and genuinely listen to others.

1 2 3 4 5

CONNECTION

The relational glue that holds teams and families together.

I intentionally build and maintain relationships characterized by trust, respect, and understanding.

1 2 3 4 5

What did you notice?

Which C is strongest?

Which one most needs your attention?

Don't rush to fix it yet.

For now, just notice it.



ACTION

What Can YOU Actually Control?

You've identified a direction.

You've chosen something that matters.

You've checked your alignment.

Now comes one of the most important questions in this entire exercise:

Can I influence this through my own actions?

☐ YES ☐ NO

If the answer is yes, good. You have somewhere to begin.

If the answer is no, don't throw away the goal.

Rewrite it.

"I need my spouse to communicate better."

That's about their panel.

"I need my boss to respect me."

That's about their panel.

You can influence people.

You can communicate.

You can establish boundaries.

You can ask.

You can listen.

You can choose your response.

But ultimately:

You don't control their panel. You control yours. Rewrite your WIG, if necessary:

By _____, I will _____

What's the first action that's actually yours to take?

When will you take it?

Direction without action is just a destination on a map.

Take the next step.

"I will communicate my expectations clearly instead of assuming they're understood."

That's yours.

"I will initiate a direct conversation about responsibilities, expectations, and what I need to succeed."

That's yours.





YOUR BEARING:

You Have Your Direction. Now Check Your Bearing.

Take a look at what you've discovered.

What matters to me:

Where I'm trying to go:

My WIG:

The area that needs my attention:

The next action I can control:

You don't need to fix everything.

In fact, trying to fix everything may be part of what's keeping you stuck.

You don't need to adjust every control. You need to identify the one that's affecting your bearing.

That's exactly what we'll do in the Bearing Assessment.

The assessment gives you practical tools to help determine where the misalignment actually resides:

INTERNAL PRESENCE

What's happening within you—your thoughts, beliefs, emotional state, reactions, confidence, and internal alignment.

EXTERNAL CONTROLS

How you're interacting with what's around you—your communication, expectations, relationships, behaviors, and responses.

Once you know where the misalignment is, you can stop trying to fix everything and start working on the control that actually needs your attention.

Ready to check your bearing?

Take the Control Panel Calibration — \$12

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True North Coaching & Leadership | Jim Dixon