**Digging for Your Authentic Self: Charting Your North Star**

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| *What's the most important thing?* |
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| *How do you want to grow in your life?* |
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| *What would make your life more of what you want it to be?* |
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| *What makes your heart sing?* |
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| *And what weighs it down?* |
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| *By what should I set my life's course?* |
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| *What passion of your past do you want to bring back into your life?* |
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| *Then answer Mary Oliver's question in her poem The Summer Day: Tell me, what is it you plan to do with your one wild and precious life?* |
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