

Finding your True North Touchstone

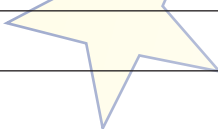
Dreams are the touchstones of our character. -Henry David Thoreau

What is a Touchstone?

A touchstone can be a personal symbol or emblem that represents your dream and that helps you to stay on track and stay true to your vision. In order to create an effective Touchstone, you must know your “why.” In other words, why do you want to change?

CREATING YOUR TOUCHSTONE IN FOUR STEPS:

1. Why do you wish to change?



2. Picture yourself “there.” How will that feel? Describe it as well as you can. See it. Feel it. (It helps to have imagery and emotions.)

3. When you’re losing your motivation or drive, how can you remember how you’re going to feel if you keep going?

4. What object, mantra, affirmation, or expression will you attach to that outcome?



Intentions Affirmations Manifestations
FROM “WHAT IF...” TO “WHAT NEXT...”

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