

# THE WAYFINDERS' TEMPERATURE CHECK

For Intentional Beginnings:  
Take your pulse to see what matters and where to start

## INSTRUCTIONS

Whether we're talking about the start of a new year, the start of a new project, or even the start of a new relationship - being intentional at the outset of any New Beginning is a powerful first step toward change.

Just like taking your temperature to see how you're feeling, the Wayfinders' Temperature Check provides a window into the "health" of your current world or environment.

Take a look at the Wheel on the opposite page. You'll see it's divided into 8 sections – each section focused on a different aspect of your life. If the categories don't apply to your New Beginning, you can customize them however you want. For example, if you're considering a new job, you might choose to label the sections "commute," "culture," "benefits and perks," or "my new boss."

To fill out the Wheel, consider the things that matter to you today. What's on your radar? Sometimes what you care about is a "thing" but sometimes it's a question that you really want to answer. For example, in the Health section you might write: "More regular exercise" but also: "How can I change my routine to get to bed earlier?" What you want to record is what's on your mind right now. The closer things get to the center of the Wheel, the more important they should be or feel. Reserve that precious "real estate" for your top priorities.

As best you can, try not to self-censor. Write something down (preferably in pencil), and know that you can always erase and move that idea to a different spot as needed. You may find that it's all relative – something you thought was a top priority becomes secondary in relation to something else. When that happens, erase and refine.

This temperature check is just that: a check on how you're doing today. You can always update the score you give each section, or even what matters to you, as you have more information or even different feelings about each section of the wheel. Try it today and revisit it tomorrow.

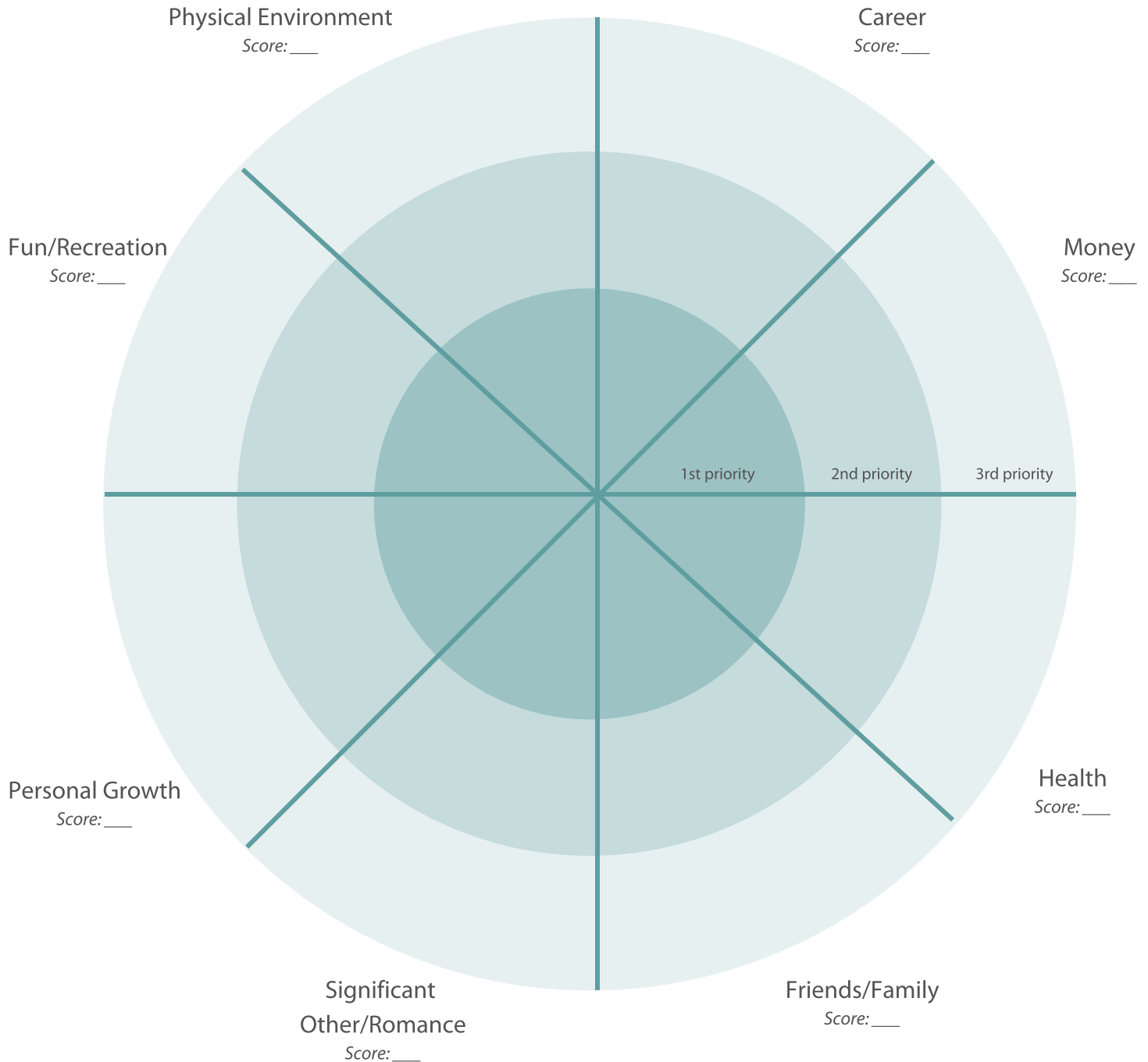
Oh, and have fun! This is all about kicking off your New Beginning with a prioritized and intentional sense of where you are and where you're going. Make it honest, use colors or even drawings where you can, and be sure to print it and refer back to it over time.

Onward,

Ashley

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## MATERIALS AND TIPS

1. Print out this worksheet and gather your supplies, including a pencil and eraser. Or, grab some white easel paper, a thick marker and lots of post-its to create your own Temperature Check on bigger paper that you can hang on the wall.
2. Consider the sections of the Wheel as they are laid out. What would you change, if anything? Cross out labels that don't resonate and re-write in language that works for you and your New Beginning.
3. One by one, start writing your ideas, questions, and goals wherever they fit in the Wheel. Remember the ones you put near the center are the most important. You may fill up the whole Wheel, or you may not. Whatever you put down is correct for you.
4. When you're ready, think about your current level of satisfaction with each section of the Wheel. Take a moment to give each section a score from 1-10, with 10 being the highest. Take note of which scores might suggest an opportunity for improvement.
5. Take as much time as you need to complete the Wheel. As you work, step back and examine how each of these priorities exist in relation to one another. Be sure to take a short break if you start to feel low energy and come back when you're ready.
6. When you've finished – congrats! You've successfully taken an important first step for any Intentional Beginning.

## REFLECTIONS

Before you start...

What is the New Beginning you're creating for yourself? What's important about it to you?

After you've finished...

What do you know now about what matters to you?

As a next step...

What three steps can you take this week to make progress on the priorities you've identified?

1.

2.

3.