

- NORTH STARS CHART -

Instructions: Select and place no more than two North Stars per flavor on this chart. It just takes one North Star or core constellation of magnitude to add greater strength and pull towards driving and holding a recovery. The idea is to select and focus on salient North Stars that matter the most among all others. These North Stars can add a further layer to the Top Six Recovery Drivers (Section 1, Survey C) with their inherent power. Be as specific as possible with outlining the North Star into actionable terms and naming. For the columns in the chart after “Code”, make a check mark notation or “x” to indicate it applies. For all others columns, write in the response.

The chart is completed by the participant and shared with the treating physician.

Flavors	NorthStar	Aspirations	Gains (emotional)	Code	D	O	L	S
Roles								
Productivity								
Themes								
Connecting								
Talents/Abilities								
Passions								

Legend: **O:** Open Ended **S:** Short-term Duration **L:** Long-term Duration
D: Destination **C:** Cycle **Code:** Select single code themes from the Recovery Code Signature, chart completed