



You Are Not A Frog Podsheet

Episode 208: Finding Your North Star

Quick dip episode with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

We're all seeking the perfect job or career path that will bring us happiness and fulfilment. But while we're focused on achieving success, we can overlook the bigger stuff – and it's possible that our current career trajectory might not take us there.

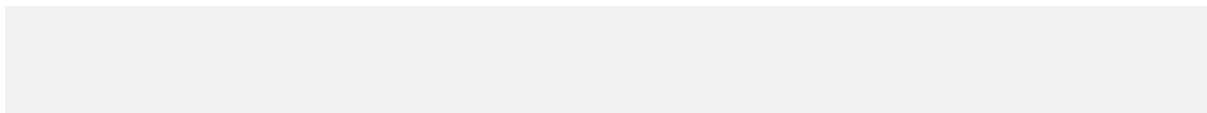
That's why we need to find and then follow our North Star. Finding it starts with prioritising four fundamental needs: feeling fully human, deep connections, meaning and purpose, and growth and learning. By aligning our goals with these needs, we can find true fulfilment.

IN THIS EPISODE, YOU'LL:

- Discover the four fundamental needs for true fulfilment in life
- Learn practical steps to align your goals with these fundamental needs
- Understand the consequences of prioritising achievement over fundamental needs and how it can impact your well-being



READ



WATCH

[Watch the video version on YouTube](#)

Episode 208 Finding Your North Star

LISTEN

[Defining Your Own Success in Life](#)

Episode 107, with Dr Claire Kaye

[How to Escape the Tyranny of the 'Shoulds'](#)

Episode 196, with Charlotte Housden

[How to Reconnect With Your Purpose in Life](#)

Episode 94, with Dr Richard Pile



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?





ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Check out more free resources from [You Are Not a Frog](#)

Join the [Shapes Collective FB group](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)