

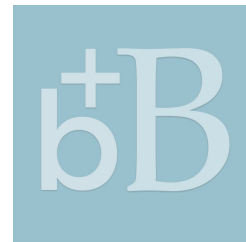
# BETTER & BETTERER

EPISODE 3: FIND YOUR NORTH STAR WITH  
ARTHUR WOODS

*[BetterAndBetterer.com/3](http://BetterAndBetterer.com/3)*



# North Star Challenge



Here are the 3 questions you will reflect on daily for 2 weeks.

- How deep and meaningful are my relationships?
- To what extent am I making an impact?
- To what extent am I growing?

Here is where you can build a list of the creative ways that you can make your work more fulfilling in the 3 areas listed above ("job hacking"). Keep adding to this list as you think of ideas. And try these ideas out as you complete the challenge.

# North Star Challenge Day 1



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 2



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 3



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 4



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 5



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 6



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 7



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 8



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 9



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 10



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 11



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 12



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 13



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?

# North Star Challenge Day 14



How deep and meaningful are my relationships?

To what extent am I making an impact?

To what extent am I growing?



**CONGRATS!**



You are amazing! You finished the challenge! Please let us know how it went by hitting us up on Instagram. We are @BetterAndBetterer