

“A Framework for Helping Young People and Formerly Young People Using *Moana*” Worksheet



What, or Who, is your Ocean? What can you do to find it? ...or have a better connection with it? ...or better hear it's call?



What are things that are “not good” in your life, that you want to avoid (but through which your purpose is clarified and pursuit of purpose is motivated):



What is your North Star (overarching purpose)? What are your stars (things you're called to as part of this)?



List some ways you would like to improve your access to Self energy:



Who do you love? How big can it go?



What are 1 or 2 (or 3) of your Shiny's? Are you ready to limit... or let go?



What do you need more of?

1) Ocean_____

2) Vision_____

3) Ancestor

Understanding

(Family Stories)_____

4) Wisdom_____

5) Friends_____

6) Skills_____

7) Resources_____

8) Healing_____