

PEPTID Framework Workbook

1. True North Reflection Journal

Exercise: Reflect on your True North

Use this table to reflect on your values, passions, and alignment with your True North.

Reflection Question	Your Response
What do I value most in life?	
What brings me joy and fulfillment?	
What kind of legacy do I want to leave behind?	
Am I currently living in alignment with these values? If not, what is steering me off course?	

Notes: Take 10-15 minutes daily to reflect on one question and fill out your responses.

2. PEPTID Self-Assessment

Exercise: Rate yourself on each PEPTID element

Use the table below to assess your alignment with the PEPTID Framework. Identify areas for improvement and actionable steps.

PEPTID Element	Score (1-10)	Reason for Low Score	Action Plan
Passion			
Empathy			
Professionalism			
Transformation			
Innovation			
Delight			

Notes: Reflect on one low-scoring element. What small change could you make this week to improve it?

3. Passion Mapping Exercise

Exercise: Identify and integrate your passions

Follow the steps below to map your passions and integrate them into your daily life.

Step	Details

List Your Passions	
Identify Overlaps	
Choose One Passion	
Brainstorm Integration	
Take Action	

Example: If your passion is photography, you might integrate it by documenting family events or creating visual content for work.

4. Empathy Mapping

Exercise: Build deeper connections through empathy

Use this empathy map to better understand someone in your life.

Quadrant	Details
Says	
Thinks	
Feels	
Does	

Action Plan: Reflect on the insights from your empathy map and take one step to engage more thoughtfully with this person.

5. Daily Delight Log

Exercise: Capture moments of joy

At the end of each day, record three moments of joy and reflect on patterns.

Day	Moment of Joy	Reflection
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Notes: Use these reflections to identify what consistently brings you joy and create more of those moments in your life.

Signature:

Email: