

A FREE COMPANION FROM LISSY KATRIONA

The Heart-Led Visionary *Success Plan.*

*A compass for visionaries who don't fit the
traditional goal-setting mould.*

VISION · TRUTH · EMPOWERMENT

By Lissy Katriona

A NOTE BEFORE YOU BEGIN

This isn't a plan you follow. It's a compass you check.

Not to predict the year. To stay oriented as the year unfolds. This guide was built for heart-led visionaries who already know motivation is cyclical, that willpower runs out, and that traditional goal-setting leaves them feeling further from themselves, not closer.

Inside, you'll find four stabilising directions, a twelve-month framework, and a way to stay accountable to who you've decided to be — even when desire fades. Take your time. Read it once. Come back to it as you need.

Success that costs your nervous system isn't success — it's debt.

Motivation is unreliable. Meaning is not. Follow your true north without burning out, and without betraying yourself. — Lissy x

FOLIO I — THE COMPASS

Four directions.

Not a map. An orientation.

Where most goal-setting frameworks ask you to predict the future, this compass asks you only to stay in honest relationship with the present. Each direction names a way to listen — to yourself, to your energy, to your meaning, and to your purpose.

Read each direction slowly. Sit with the question that opens it. Don't try to answer them all today.



DIRECTION ONE

N North

— *Purpose & Pull*

Why am I moving at all?

Connect with the felt vision of the year — sensations and states, not just outcomes. North is what you want to come home to, again and again.

ASK YOURSELF

- "What does it feel like in my body when this year is going well?"
- "What state do I want to live in more often?"

Examples: spaciousness, creativity, calm, contribution, devotion, ease, depth.

If it excites the mind but not the body, it's not North.

DIRECTION TWO

E

East

— *Growth & Becoming*

Who am I becoming this year?

Identify the qualities you want to practice — not the things you want to achieve. Becoming is the engine, not doing.

ASK YOURSELF

— "What version of me do I want to spend more time being?"

Examples: braver, more focused, slower, more decisive, more honest, more boundaried.

| *Becoming is the engine, not doing.*

DIRECTION THREE

S

South

— *Energy & Sustainability*

What keeps me resourced?

South is your anti-burnout anchor — the rhythm and rituals that protect everything else. Without South, North collapses.

ASK YOURSELF

- "What protects my energy this year?"
- "What are the non-negotiables?"
- "Where are the energy leaks?"

Without South, North collapses.

DIRECTION FOUR

W West

— *Contribution & Impact*

How does my presence help?

Connect with your meaning, not just achievement. West keeps motivation alive when momentum dips. Make it relational.

ASK YOURSELF

- "Who or what benefits if I show up more fully this year?"
- "What feels like a meaningful contribution right now — not forever?"

KEEP IT RELATIONAL

Clients. Team. Community. Family. A cause. The work itself.

FOLIO II — THE 12-MONTH FRAMEWORK

Four sentences. No more.

Step 1 · One sentence per direction

That's it. Four sentences, written today, that you'll come back to when the year drifts. Brevity is the discipline. Make them honest, not impressive.

A N E X A M P L E

- North: "I want a year that feels spacious, impactful, and honest."
- East: "I'm practicing courage and follow-through."
- South: "I protect my energy through rest and creative rhythm."
- West: "My work helps people feel less alone and more capable."

FOLIO II — CONTINUED

Step 2 · Choose a theme, not goals

Themes give structure without pressure. If this year had a title, what would it be? Examples: "The Year of Alignment." "The Year of Fewer, Better Things." "The Year of Trusting Myself." Let it become a filter for decisions.

Step 3 · Set 3 focus areas (not to-do lists)

These are arenas, not tasks. Choose three — that's it. Anything outside these areas is optional, not failure.

POSSIBLE ARENAS

Creative work · Relationships · Health · Leadership · Money · Learning

| *Where does my attention matter most this year?*

FOLIO III — USING THE COMPASS

A monthly check-in.

Ten minutes.

Once a month — and only once — sit with three honest questions. No self-judgment. Just data.

THE QUESTIONS

- "Am I still heading North?"
- "What's pulling me off course?"
- "What needs adjusting — direction or pace?"

When things feel hard or stuck

Use this single question: "Which direction am I neglecting right now?"

- Burnt out? → South.
- Lost motivation? → North or West.
- Self-doubt? → East.
- Busy but empty? → West.

This is incredibly regulating.

FOLIO IV — WHY THIS WORKS

For visionaries and heart-led leaders.

- It honours intuition without being vague.
- It allows movement without rigidity.
- It replaces pressure with orientation.
- It adapts as life changes.
- It makes success relational and embodied — not just external.

This isn't about controlling the year. It's simply about staying in relationship with it. Notice when you're drifting — and have something trustworthy to come back to.

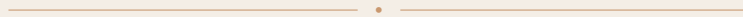
Desire gets you started. Relationship keeps you going.

FOLIO V — STAYING ACCOUNTABLE

When desire fades.

For heart-led visionaries, desire is cyclical, not constant. If accountability depends on "staying motivated," it will fail. The eight practices that follow are the architecture of accountability without shame.

Don't anchor accountability to desire. Anchor it to relationship, identity, and meaning. You're not failing when desire fades. You're entering a different phase of commitment.



PRACTICES · ONE AND TWO

1 · Replace motivation with orientation

Instead of asking "Do I still want this?" — ask: "Is this still true for me?" Truth is steadier than desire.

Compass check-in: "Even without excitement, does this direction feel honest?" If yes → stay. If no → adjust North. No shame.

2 · Identity-based accountability

Heart-led people don't respond well to external pressure — but we respond deeply to identity. "I am someone who ____, even when it's not exciting."

- "I am someone who keeps promises to myself."
- "I am someone who moves gently but consistently."
- "I am someone who doesn't abandon things at the first dip."

This shifts accountability from doing to being. You're not being accountable to a plan. You're being accountable to who you've decided to be.

PRACTICES · THREE AND FOUR

3 · *Use pull, not push*

When desire fades, future-you becomes the anchor. Imagine twelve months from now, after staying loosely aligned. Then ask:

- "What would future-you quietly thank you for not quitting?"
- "What would future-you be relieved you kept tending to, even imperfectly?"

Emotional pull without pressure.

4 · *Make accountability relational*

Solo accountability collapses when energy dips. A monthly twenty-minute compass call with one trusted person, or a shared document where two or three of you update what direction you're tending, what's hard, and what's shifting.

No fixing. No pushing. Just witnessing.

Being seen is often enough to re-engage.

PRACTICES · FIVE AND SIX

5 · Redefine success during low-desire phases

When desire is low, success is not progress. Success is not abandoning the direction entirely.

NEW SUCCESS METRICS

- Staying in conversation with the compass.
- Making the smallest honest move.
- Resting without quitting.
- Choosing adjustment over disappearance.

Consistency doesn't mean constant effort. It means consistent return.

6 · Create a minimum viable commitment

This prevents all-or-nothing collapse. Ask: "What is the smallest action that keeps me in relationship with this direction?"

- Ten minutes a week.
- One check-in question a month.
- One honest conversation.
- One page, not a chapter.

Baby steps, not climbing mountains.

PRACTICES · SEVEN AND EIGHT

7 · Build in permissioned off-ramps

Paradoxically, this increases follow-through. Allowing yourself the honesty to leave reduces the rebellion that keeps you stuck.

- "What would tell me this direction truly no longer fits?"
- "What would adjusting (not quitting) look like?"

This removes fear-based clinging.

8 · The quiet truth

Most meaningful paths aren't powered by desire. They're powered by devotion — to a value, a contribution, or a version of yourself you trust.

WHEN DESIRE DISAPPEARS

- Pause. Don't decide in the dip.
- Check truth. Still honest?
- Return small. Minimum viable commitment.
- Be witnessed. Don't do it alone.

That's accountability without shame.

FOLIO VI — STAY YOUR PATH

You don't follow your
true north because you
feel motivated.

You follow it because it's who you are.

Your true north doesn't require motivation. Only remembrance.

A CLOSING NOTE

Choose you.

— Lissy x

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