

Introductory Module: Master Recording Transcript

(Printable Learner Transcript)

Lesson 1: Your Personal Compass

Slide 1: Welcome to the Starting Line

"Welcome to the starting line. I'm Harry Gilfillan, and I'll be your guide throughout this journey.

For over 30 years, I've helped people navigate the exact challenges you might be facing right now: feeling pulled in different directions, overwhelmed by a fast-paced world, and unsure if you're on the right path.

Here is the truth: You are unique. There is no one-size-fits-all roadmap for the life you want to build. That's why this programme isn't about following my plan—it's about investigating yourself in a constructive, practical, and non-judgmental way. We are here to engineer a path to the success YOU define.

This introductory module is your foundation. Together, we're going to build your first essential tool: Your Personal Compass.

Over the next two lessons, we will pinpoint your core values, your unique strengths, and your life's purpose. These aren't just abstract ideas—they are the anchors that will give you the clarity to make intentional, confident decisions in every area of your life.

Let's begin."

Slide 2: The Power of Intentionality

"Think about your day-to-day life. How many decisions do you make on autopilot?

We so often choose what is easiest, or what we think we 'should' do. A Personal Compass changes that completely.

It is a tool for intentionality. It forces you to pause and ask one fundamental question: 'Does this decision truly align with the real me?'

It moves you away from reacting to the world, and towards consciously choosing your place in it.

These aren't rigid rules imposed by others—they are the guiding principles YOU choose to live by. It isn't about forcing a single, rigid destination... it's about having a crystal-clear sense of direction.

When your direction is right, every step you take feels meaningful."

Slide 3: Your Deepest-Held Beliefs

"At the heart of your compass are your Values—your deepest-held beliefs.

These are the non-negotiables of your life.

For some people, it's about making a positive impact; for others, it's creativity, freedom, security, or family.

Your values are the things that, if compromised, leave you feeling empty or out of alignment.

For example, if 'Health' is a core value, you find the strength to say 'no' to habits or work cultures that drain you.

When your values are clear, decisions become far less complicated—they simply shape your perspective and define what matters most."

Slide 4: Exercise — Identifying Your Values

"Let's put this into practice.

Think of a time when you felt a deep sense of pride, fulfillment, or peace. What values were you living out in that moment?

Now, think of a moment of intense frustration or resentment. Almost always, that friction is a signal that one of your core values was being violated.

Your emotions are providing the coordinates.

Open your Private Workbook now. Don't overthink this—your first instincts are usually the most honest. Write down the five core values that resonate most strongly with you today.

These five values are the first points on your compass."

Slide 5: Your Natural Strengths

"The second point of your compass is your Strengths.

These are your natural gifts—the things you do with far less effort than others.

As the saying goes, these are often the things that feel like play to you but look like work to everyone else.

We so often take our true strengths for granted simply because they feel easy. But make no mistake: they are your 'Secret Sauce.'

No one else brings your exact combination of experience, perspective, and natural talent to the table.

Whether you're a natural communicator, a calm problem-solver in a crisis, or the person everyone turns to for empathy... identifying these gifts allows you to apply them with deliberate intention.

Take a moment now to note your primary natural strengths in your Workbook."

Slide 6: Pay Attention to Energy

"To help you pinpoint these, pay attention to energy.

A true strength energizes you, while a simple skill might leave you feeling drained.

Ask yourself: When was the last time you were doing something and lost all track of time?

That state of 'flow' is a massive clue to your natural strengths.

Or consider: What do friends or colleagues consistently thank you for?

In your Private Workbook, write down your top three strengths. Don't be overly modest—this is simply about recognizing the tools already in your kit.

Use clear, grounded terms like 'Clarity,' 'Empathy,' 'Strategic Thinking,' or 'Problem Solving.'"

Slide 7: Defining Your Purpose

"Finally, we reach the third point: Purpose.

This is your North Star. It's the 'Why' that gives your daily actions real weight and meaning.

It doesn't have to be a grand, world-changing statement. It can be as focused as 'to be a steady pillar for my family,' or 'to help others find their voice.'

Your purpose is simply the quiet impact you want to leave on the world around you.

It directs your values and your natural strengths toward a single horizon. It is the reason you choose to step forward each day."

Slide 8: The Three Pillars

"There you have it.

Your Personal Compass is the powerful fusion of these three pillars: your Values, your Strengths, and your Purpose.

When your daily choices are in alignment with all three, you are—by definition—on your right path.

Alignment really is the ultimate shortcut to a life well-lived.

This concludes our first lesson.

In Lesson 2, I'll show you exactly how to use this compass to navigate the complex choices and twists of everyday life.

I'll see you there."

Lesson 2: Navigating with Your Compass

Slide 1: Welcome Back

In our last lesson, we built the foundation of your Personal Compass—pinpointing your values, your strengths, and your purpose.

Now, it's time to put that tool to work.

Today, we're exploring how to use these coordinates to navigate your everyday life—from the small, routine choices you make every morning, to the big, life-changing decisions.

Let's dive in."

Slide 2: The High-Resolution Filter

"Think of your compass as a high-resolution filter.

In our day-to-day lives, we make hundreds of decisions on autopilot—often choosing what's easiest, or what we think we 'should' do. Your compass forces a vital pause.

Whether you're taking on a new project, deciding how to spend your evening, or navigating a difficult conversation, ask yourself three simple questions:

'Does this choice align with my values?' 'Does it allow me to use my strengths?' 'Does it move me closer to my purpose?'

This isn't about adding complexity to your life... it's about cutting straight through the noise to find what is genuinely right for you."

Slide 3: The Three-Step Filter

"Let's talk about the big decisions.

When you're faced with a major life choice—whether that's taking on a demanding new project, making a career shift, or setting a difficult boundary—use your compass as a 3-step filter.

Step 1: Define the decision. Be specific. Instead of saying 'I need to feel less stressed,' ask: 'Should I commit my next six months to this high-pressure obligation, or should I prioritize my recovery?'

Step 2: List your options. Get them all down on paper. Maybe your choice is 'No' entirely, maybe it's negotiating a 'Partial Yes,' or maybe it's choosing a different path altogether.

Step 3: Consult your compass.

For example: if a new commitment offers prestige but forces you to sacrifice your health when 'Vitality' or 'Peace' is a core value... your compass will immediately show you the truth.

If you neglect the self to serve the work, the Master Builder eventually runs out of materials. Use your compass to protect your foundation first."

Slide 4: The Storm of Distraction

"Life is full of storms.

When you start making aligned decisions, you will face two main types of distraction.

First, are the **External Voices**—often well-intentioned people telling you what they think you should do or who you should be.

Second, you'll face **Internal Doubts**—that quiet voice of fear telling you that you aren't strong enough or you aren't ready.

In these moments, your compass is your rock.

Your goal is not to fight the storm; your goal is to focus on your coordinates.

By returning to your fixed points of reference, you find an inner calm that keeps you from being pulled off course."

Slide 5: Regular Recalibration

"Your compass is not a 'set it and forget it' tool.

You are a living, evolving human being. What mattered to you at twenty may shift by thirty or forty. That's why regular re-calibration is essential.

I recommend a simple quarterly check-in using three steps:

First, **Pause**—step out of the noise and daily hustle.

Second, **Check**—look at your compass and ask: 'Are my daily actions still aligned with what matters most?'

And third, **Adjust**—make small, intentional turns rather than drastic leaps.

Small course corrections made today prevent massive, painful detours five or ten years down the road. Every moment is a new chance to steer North."

Slide 6: Making Alignment a Daily Habit

"Consistency is the true engine of progress.

I make no apologies for stressing this: your compass only works if you turn it into a daily habit.

Establish a quick check-in routine:

- **In the Morning:** Set your intention around your North Star.
- **At Mid-day:** Run your active tasks through your three-step filter.
- **In the Evening:** Briefly review the storms or distractions you successfully navigated.

The more you consciously check your position, the faster this alignment becomes second nature.

Consistency really is the wind in your sails."

Slide 7: Course Milestone

"Remember, True North is not a place you arrive at—it is who you are becoming.

It is your guiding light and your constant companion throughout this entire journey.

You are now fully equipped to enter the Core Programme.

Take a moment now to complete your Key Learnings and the Completion Check below to unlock Module 1.

The path is clear. I'll see you at the first milestone."

Whenever you're ready, pass over the text for **Module 1** and **Module 2**, and I will clean and format those for download as well!