



FIGURE 2.1

EXHIBIT 3.1

What I Have Enough Of	What I Have Too Much Of	What I Want More Of
Support from husband for doing this work; good friends who let me down and find humor in situations	Meetings that are ill-planned, more meetings that are ill-planned, and even more meetings that I have to plan; number of e-mails and calls per day	Weekends! Time when I am really not mentally at work; time to exercise; time to enjoy cooking for us—not just take-out
Fair compensation, good health, etc.	People thinking I have to know everything—they don't trust their own autonomy.	Mini-vacations that revive my spirit; time to have fun with family and friends.

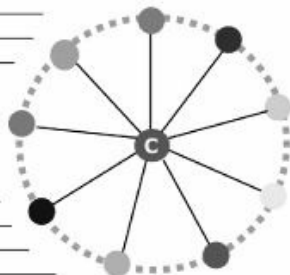
Agenda Builder for the Circle/Session

Date: _____ Time opened: _____ Time closed: _____

● Circle Host: _____
Guardian: _____

Sponsors by agenda items

● Item Host: _____ Item: _____
Scribe: _____ Negotiated Time: _____
Tasks, decisions, outcome: _____



● Item Host: _____ Item: _____
Scribe: _____ Negotiated Time: _____
Tasks, decisions, outcome: _____

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Tasks, decisions, outcome: _____

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Scribe: _____ Negotiated Time: _____
Tasks, decisions, outcome: _____

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FIGURE 4.2

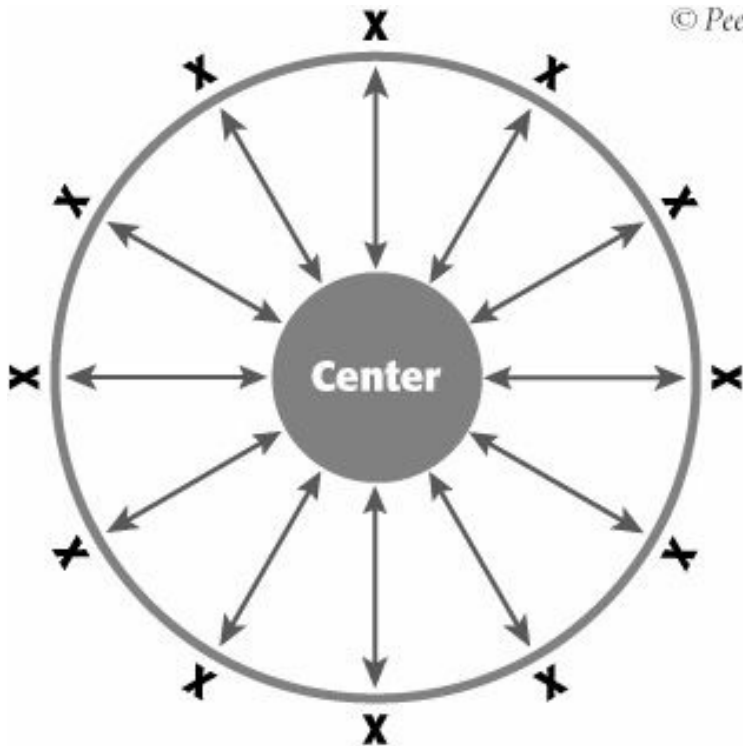


FIGURE 8.1



FIGURE 8.2

Mission: True North is a non profit organization changing healthcare and inspiring individuals to live healthier lives through integrative care, education and research.

Vision: To be the leader in integrative health care

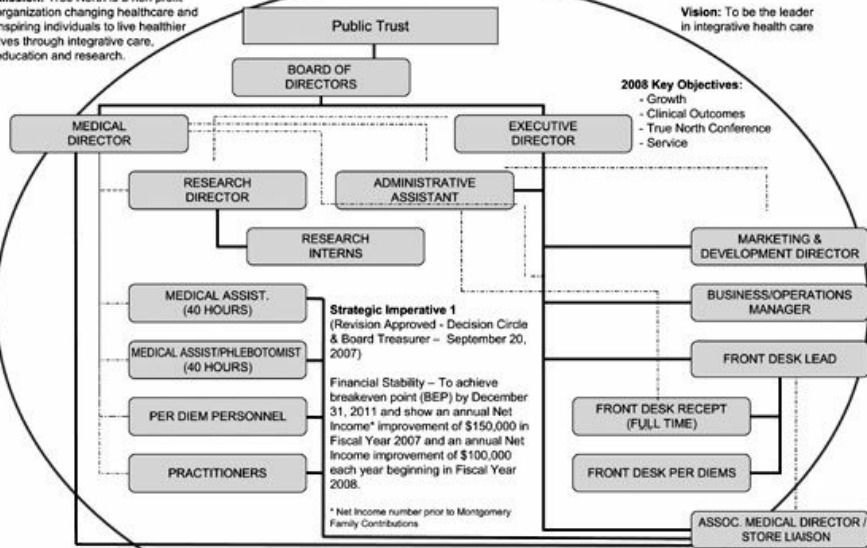


FIGURE 11.1

True North Circle Connectivity

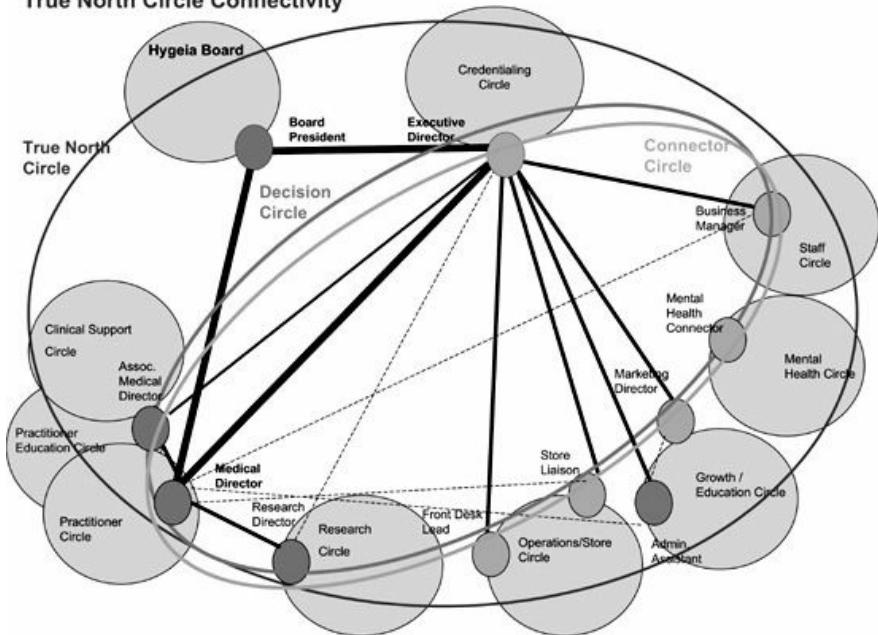


FIGURE 11.2