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The Nomad's NORTH STAR



WHO?



WHAT?



WHY?



Build Your Who, What, Why

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THE NOMAD'S NORTH STAR: BUILD YOUR WHO, WHAT, WHY

A Quiet Field Guide for Remote Work and Real Meaning

By John Monyjok Maluth

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INTRODUCTION

If you live the digital nomad life, you already know the truth behind the photos.

The photos show coffee, laptops, beaches, and airports.

The truth also includes weak Wi-Fi, loud neighbors, a phone line that suddenly refuses to work, power cuts at the worst possible time, time zones that turn your sleep into a joke, and clients who think you live inside their clock.

Nomad life can be beautiful.

Nomad life can also scatter a man.

That is why you need a North Star.

Not a place.

Not a visa.

Not a new city.

A North Star inside you.

This guide is built to do three things:

1. Help you find what you need on johnshalom.com quickly, without wandering.
2. Help you build your Who, What, and Why so your direction stays steady even when your location changes.
3. Help you create a portable system that survives airports, guesthouses, family visits, and bad internet.

I write as someone who has lived instability in more than one form.

I grew up around the Sobat River region, where survival was not a quote.

It was a daily skill.

Later, I also met modern instability: money problems, work pressure, and technology that can humble a man in seconds.

Once, I celebrated six Amazon book orders like a national holiday.

Some people laughed.

But I knew what six meant.

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It meant the machine can work.
It meant sixty is possible.
It meant the road is real.

That is the spirit of this guide.
Not hype.
Evidence.
Small steps that repeat.
Meaning that holds.



SECTION 1: YOUR TWO DOORS ON MY WEBSITE

1. Start Here page (your main entry point)

<https://johnshalom.com/start-here/>

Treat this page like a receptionist who does not waste your time.

If you enter a hospital and nobody guides you, you end up in the wrong room and you leave more stressed than you arrived.

Start Here is the opposite of that.

What to do on Start Here:

1. **Read it once, fast.**

Scan it.

Do not overthink it.

2. **Read it again, slow.**

This time, look for one path that matches your real life now.

Not your dream life.

Your real life.

3. **Choose one path only.**

Nomads often fail here because we like options.

Options feel like freedom.

Too many options become fatigue.

A quick nomad rule:

If you have moved locations in the last 30 days, you are already spending mental energy on resetting your life.

Do not also reset your learning path.

Choose one path and stay with it for one week.

2. **Resources page (your library)**

<https://johnshalom.com/resources/>

If Start Here is the doorway, Resources is the shelf.

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What to do with Resources:

1. Bookmark it.
Your brain is already carrying travel details, passwords, client messages, and time zone math.
Let the bookmark carry this.
2. Use it when you need tools, reading paths, and recommended learning.
3. Return to it when you feel stuck.
Sometimes you do not need motivation.
You need a tool.
Or a better method.
Or one clean explanation.



SECTION 2: THE NOMAD REALITY CHECK (READ THIS BEFORE YOU “GRIND”)

Nomad life breaks routines.

Routine is not boring.

Routine is protection.

Here are common nomad problems that quietly damage meaning:

1. Identity drift

When nobody knows you in a new place, you can become anybody.

That sounds free.

It can also become empty.

2. Loneliness disguised as independence

You can be “fine” for weeks.

Then one night you realize you have not spoken to a friend in a way that touched the heart.

3. Time-zone fatigue

You might wake up in a beautiful city and still feel like a broken machine because your body is living in three clocks.

4. Irregular income

Nomad money is often not monthly.

It comes like rain.

Sometimes heavy.

Sometimes missing.

If you do not build a money system, you will live anxious even when you earn well.

5. Tech pressure

Remote work depends on electricity, internet, and devices.

Those things can fail without apology.

I have learned that Wi-Fi can behave like a stubborn goat.

You can beg.

You can threaten.

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You can restart it.
It still chooses its own mood.

So no, you are not weak.
You are living a life that requires inner structure.

That is why we focus on Who, What, Why.
And that is why we use a portable system.



SECTION 3: HOW TO FIND EXACTLY WHAT YOU NEED ON JOHNSHALOM.COM (FAST)

1. Use the site menu and choose one lane:

- ✓ The Individual
- ✓ The Family
- ✓ The Tribe
- ✓ The Country
- ✓ The World

Nomad guidance:

If you feel scattered, start with The Individual.

If your relationships are strained, start with The Family.

If you feel alone and detached, The Tribe helps.

If you feel angry at leadership and society, The Country helps.

If you are thinking big and struggling with faith, philosophy, or global questions, The World helps.

2. Use the search bar like a serious man

Do not browse like you are in a supermarket with no list.

Search with a purpose.

Search keywords to try (choose one set only):

1. Meaning, discipline, habits, focus, peace
 2. Work, skills, online work, systems, consistency
 3. Marriage, boundaries, communication, respect, family
 4. Leadership, integrity, citizenship, community
 5. Faith, prayer, doubt, suffering, hope
3. Create one note on your phone: “North Star Notes”
This is a small habit with big power.

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How to use it:

1. After you read any post, write two lines only:
Line 1: What made more sense?
Line 2: What will I do next?
2. Copy any title you want to return to.
3. If your internet is weak, write the title and a short summary in your own words.
You can always search it later on the site.

Nomad tip:

Keep this note offline.

Do not depend on cloud tools for your most important thinking.

Cloud is good, but cloud is still internet.

And internet still has moods.



SECTION 4: CHOOSE YOUR URGENT PATH (A TO E)

You will choose one path.

Not five.

One.

PATH A: MY MIND IS OVERLOADED (AND I KEEP RESETTING IN NEW PLACES)

What it looks like:

1. You open your laptop and your brain refuses.
2. You are busy, but you feel behind.
3. You read advice, but you cannot apply it.
4. You keep changing plans because you keep changing environments.

Your goal:

Calm, clarity, and one next step you can repeat anywhere.

Do this:

1. Go to Start Here:
<https://johnshalom.com/start-here/>
2. Choose The Individual.
3. Search keywords:
Meaning, focus, discipline, peace, habits.
4. Pick one habit for 7 days.

Nomad-friendly habit options:

1. 15-minute walk daily.
2. 10 minutes of quiet thinking before opening social media.
3. One page of journaling.



4. One focused work block of 25 minutes per day, then build up.

A personal note:

In my childhood, fear was loud and direct.

If gunfire starts, you run.

In adulthood, fear is often quiet.

It comes as emails.

Bills.

Deadlines.

A phone line that suddenly stops working.

A money transfer that fails.

A “passport expired” message that blocks someone you love.

This fear does not shoot bullets, but it can still kill peace.

So Path A is about steadying your mind first.

Not by pretending life is easy.

By building a simple habit that gives you back control.

**PATH B: MONEY PRESSURE IS EATING MY PEACE (PLUS
IRREGULAR NOMAD INCOME)**

What it looks like:

1. You earn, but you feel unstable.
2. You have income gaps.
3. You keep thinking about money even when you want to rest.
4. You are tempted to compromise integrity.

Your goal:

Stop financial bleeding, then build stable systems.

Do this:

1. Go to Resources:
<https://johnshalom.com/resources/>
2. Look for work and money-related tools.



3. Search keywords:
Systems, online work, skills, budgeting, consistency.
4. Choose one income skill for 30 days.

Nomad money rules that protect you:

1. Pay yourself first, even small.
If your income is irregular, small is better than nothing.
2. Build a buffer.
A buffer is not luxury.
A buffer is oxygen.
3. Separate survival money from growth money.
If you mix them, panic will control your decisions.

A personal note with humor:

I once celebrated six book orders like I had won an election.

Why?

Because I understood the logic of growth.

Evidence matters.

Even small evidence.

Nomads often want a big month.

Big months are good.

Stable months are better.

Systems make stable months.

PATH C: FAMILY AND RELATIONSHIPS ARE STRAINED (BECAUSE I AM ALWAYS MOVING OR MENTALLY AWAY)

What it looks like:

1. You love your people, but you feel misunderstood.
2. Distance makes small issues become big.
3. You avoid hard conversations because you do not want drama.
4. You feel guilty for choosing your path.



Your goal:

Love your people without losing yourself.

Do this:

1. Go to Start Here.
2. Choose The Family.
3. Search keywords:
Marriage, communication, boundaries, respect, parenting.
4. Write one honest sentence you need to say, then say it calmly.

Nomad relationship rules:

1. Schedule love.
Romance is not only emotion.
It is also planning.
2. Clarify expectations.
If you do not, assumptions will punish both of you.
3. Have one weekly “truth call.”
Not a long meeting.
Just a real check-in.

A personal note with humor:

In many families, a responsible man can be treated like a walking bank.
Some relatives demand gifts like they are collecting taxes.
Some even take by force, then call it generosity.
Then they expect you to smile and call it love.

If you cannot say no, your yes becomes resentment.
Resentment is slow poison in a marriage and a family.



PATH D: I WANT TO LEAD, BUT I FEEL TIRED (AND NOMAD LIFE MAKES ME FEEL DETACHED)

What it looks like:

1. You want impact, but you feel disconnected.
2. You see problems in society, and it makes you angry.
3. You want to serve, but you do not want to be used.
4. You fear becoming cynical.

Your goal:

Steady leadership, not performance.

Do this:

1. Go to Start Here.
2. Choose The Tribe, then The Country.
3. Search keywords:
Leadership, integrity, citizenship, community, service.
4. Choose one small service action you can repeat monthly.

Nomad leadership is different:

You are not always physically present.

So your leadership must become values-based.

It must show in how you talk, how you work, and how you treat people.

Even strangers.

A personal note:

I have seen communities survive because a few people stayed steady.

Not loud.

Steady.

In places where war and displacement exist, you learn that a stable mind can be a gift to others.

So Path D is about becoming stable, then useful.



PATH E: I NEED FAITH THAT SURVIVES REAL LIFE (NOT PERFORMANCE FAITH)

What it looks like:

1. You believe, but you also question.
2. You pray, but sometimes you feel nothing.
3. You are tired of religious talk that ignores real suffering.
4. You want God and truth, not theatre.

Your goal:

Faith and honesty in the same room.

Do this:

1. Go to Start Here.
2. Choose The Individual, then The World.
3. Search keywords:
Faith, prayer, doubt, suffering, hope.
4. Practice one short prayer daily, even if it is only:
“God, help me today.”

Nomad spiritual warning:

When you move often, you can lose spiritual anchors.

Not because you stopped believing.

Because you stopped practicing.

Keep one simple practice that travels with you.



SECTION 5: BUILD YOUR WHO, WHAT, WHY (THE NORTH STAR WORK)

Nomad life multiplies options.
Options can make a man forget himself.
That is why we do this work.

Meaning is not a speech.
Meaning is Being, then Doing, then Doing again tomorrow.

I carry a simple idea:
Meaning = Being + Doing²

Being is Who you are.
Doing² is action repeated, not performed once for applause.

STEP 1: WHO ARE YOU? (10 MINUTES)

Write short answers.
No long essays.
Short truth is better than long stories that hide the truth.

Questions:

1. What do you carry that people do not see?
2. What do you value so much you refuse to trade it for money?
3. What do you keep doing, even when nobody claps?
4. What wound still tries to shape your choices?
5. When do you feel most honest?
6. What kind of person do you respect?

Nomad-specific questions:

- 7) When you arrive in a new place, what part of you stays the same?
- 8) What part of you changes to impress people?
- 9) What do you want to be known for, even if nobody knows your name?



Write your Who sentence:

I am the kind of person who _____ and refuses to _____.

Examples:

1. I am the kind of person who builds patiently and refuses to lie for quick money.
2. I am the kind of person who serves with integrity and refuses to become bitter.
3. I am the kind of person who learns and teaches and refuses to waste my life.

STEP 2: WHAT DO YOU DO? (15 MINUTES)

Truth first.

Nomads sometimes confuse movement with progress.

Movement is not progress unless something is built.

Questions:

1. What are your current roles?
2. What do people rely on you for?
3. What skill do you already have that can feed your life?
4. What skill do you need next to expand options?
5. What must you stop doing because it drains you and gives little back?

Nomad-specific questions:

- 6) What do you do that works in any country?
- 7) What do you do that depends on one location?
- 8) If your internet became weak for 7 days, what work could you still do?

Write your What sentence:

Right now, my main work is _____.

My next skill is _____.



STEP 3: WHY DO YOU DO IT? (15 MINUTES)

Your Why is your anchor when things shake.

When money delays.

When you feel alone.

When you move again.

When the world feels unstable.

Questions:

1. Who benefits when you do your work well?
2. What future are you trying to protect?
3. What line will you never cross, even if desperate?
4. What do you want your children, students, or community to remember?
5. If life became hard again tomorrow, what would still be worth doing?

Nomad-specific questions:

- 6) What kind of person do you want to remain when nobody is watching?
- 7) What is your reason for choosing a mobile life?
- 8) What are you building that is bigger than travel?

Write your Why sentence:

I do what I do because _____.

I will keep going with integrity by _____.



SECTION 6: THE PORTABLE SYSTEM (SO YOU DO NOT LOSE YOURSELF WHEN YOU MOVE)

A portable system is a small routine that survives changing places.

Here is the minimum viable system.

It takes 30 minutes daily.

1. Ten minutes to steady the mind
No phone.
No news.
Just quiet.
Prayer if you pray.
Breathing if you do not.
Honest reflection if you are tired.
2. Ten minutes to build the skill
One lesson.
One page.
One focused practice.
3. Ten minutes to plan the next step
Write:
 - The one thing I must do today.
 - The one thing I will ignore today.
 - The one person I should check on this week.

Nomad rule:

If you cannot do 30 minutes, do 10.

But do something.

Consistency beats intensity.



SECTION 7: THE 7-DAY RESET (FOR NOMADS WHO FEEL SCATTERED)

Day 1: Choose one urgent path (A to E)

Bookmark these:

Start Here: <https://johnshalom.com/start-here/>

Resources: <https://johnshalom.com/resources/>

Create “North Star Notes” on your phone.

Day 2: Write your Who sentence

One sentence.

Short.

True.

Day 3: Write your What sentence

One sentence for main work.

One sentence for next skill.

Day 4: Write your Why sentence

Rough is fine.

Truth is the goal.

Day 5: Read one post in your chosen lane

Write your two lines:

What made more sense?

What will I do next?

Day 6: Do one small action

Examples:

1. 25 minutes focused work.
2. 20-minute walk.
3. One honest message to a family member.
4. One budget action, even small.
5. Remove one distraction app for 24 hours.

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Day 7: Review

Answer:

1. What made more sense this week?
2. What changed in my behavior?
3. What will I repeat next week?

A personal note:

Many men want a miracle.

Few men want a mirror.

Review is your mirror.



SECTION 8: THE 30-DAY NORTH STAR PRACTICE (FOR REAL CHANGE)

Choose:

1. One habit
2. One reading lane per week
3. Pick one habit (daily)
Options:
 1. 20-minute walk
 2. 30 minutes learning
 3. 15 minutes reading and notes
 4. One page writing daily
 5. Sleep discipline for 30 days

Nomad humor note:

If you try five habits at once, your life becomes a committee.

Many meetings.

No results.

2. Pick one reading lane per week
 - Week 1: The Individual
 - Week 2: The Family
 - Week 3: The Tribe
 - Week 4: The Country or The World
3. Weekly review (every 7 days)
Write:
 4. What did I do consistently?
 5. What distracted me?
 6. What is the next simple adjustment?



SECTION 9: WHEN YOU FEEL LOST (THE NOMAD VERSION)

When you feel lost, do not panic.

Ask three questions:

1. **What is the smallest true step I can take today?**

Not the biggest step.

The smallest true one.

2. **What am I avoiding because it hurts my pride?**

Pride can protect you.

Pride can also trap you.

3. **Who can I ask for help without shame?**

Strong men ask for help.

Not because they are weak.

Because they are wise.

A personal note:

I have faced moments where life squeezed me from all sides.

Sometimes the danger was physical.

Sometimes it was stress and pressure.

In both cases, one truth stayed: a man survives better when he stays honest, stays connected, and takes the next step.



SECTION 10: YOUR NOMAD KIT (A SIMPLE CHECKLIST)

This is practical. It protects your peace.

1. Work backups

1. Keep your main work files backed up.
2. Keep a second backup if possible.
3. Keep at least one offline copy of your key documents.

2. Internet backup plan

1. Know where the nearest reliable café or workspace is.
2. Keep a data bundle option if you can.
3. Download key materials for offline use.

3. Sleep protection

1. Choose one bedtime anchor even when traveling.
2. Avoid heavy scrolling before sleep.
3. If time zones disrupt you, plan one recovery day.

4. Money protection

1. Track your basic expenses weekly.
2. Build a buffer.
3. Keep spending tied to values, not lifestyle show.

5. Relationship protection

1. One weekly truth call with someone you trust.
2. One weekly message to family that is not money-related.
3. One weekly moment of gratitude, written.

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6. Meaning protection

1. Your Who sentence stays visible.
2. Your Why sentence stays visible.
3. Your habit stays small but steady.

FINAL NOTE

If you only do one thing today, do this:

1. Open Start Here:
<https://johnshalom.com/start-here/>
2. Choose one urgent path.
3. Take one small action that proves you are serious about your life.

Then bookmark Resources:

<https://johnshalom.com/resources/>



OTHER RELEVANT RESOURCES (RECOMMENDED READING AND TOOLS)

I am listing these because nomads need both meaning and method. Use what serves you. Ignore what does not.

1. Books for meaning and inner strength

- 1) Viktor Frankl, Man's Search for Meaning
- 2) James Clear, Atomic Habits
- 3) Cal Newport, Deep Work
- 4) Steven Pressfield, The War of Art
- 5) Cal Newport, Digital Minimalism

2. Books for money discipline and calm thinking

- 1) Morgan Housel, The Psychology of Money
- 2) Ramit Sethi, I Will Teach You to Be Rich (use the principles, not the lifestyle talk)
- 3) Dave Ramsey, The Total Money Makeover (use what fits your values)

3. Systems that support nomad work

- 1) A simple notes app that works offline (your "North Star Notes")
- 2) A calendar that can handle time zones
- 3) A basic budgeting method you can update weekly
- 4) A backup system for your files (at least one cloud and one offline option)

4. Quiet community and growth practices

- 1) Find one online community where people build, not just talk.

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- 2) Find one friend you can be honest with weekly.
- 3) Keep one spiritual practice that travels with you, even if it is short.

Thank you for joining my list, and welcome.

I appreciate your time and your trust. I write for people who want real direction, not noise. People who are building a life they can respect, even when the road keeps changing.

If you would like to explore more of my books on Amazon, you can find them here:

Amazon.com: <https://www.amazon.com/-/e/B007Q063CG>

Amazon.co.uk: <https://www.amazon.co.uk/-/e/B007Q063CG>

Amazon.ca: <https://www.amazon.ca/-/e/B007Q063CG>

Amazon.de: <https://www.amazon.de/-/e/B007Q063CG>

Or, if you want to read my story and understand the heart behind this work, you can start here:

<https://johnshalom.com/about/>

Thank you again for being here.