

“You new here?” she asked.

“Erm...sort of, sort of not. You?”

“Sort of, too,” she chuckled.

Looking down at her lap, I saw that she had a notebook full of writing. “Are you writing?”

“Oh, this? This is my journal. Like a diary, almost. I write down everything I feel in here so that I can keep track of how I’m feeling about this journey.”

I raised my brows in shock. That actually sounded like such a good idea.

“How long have you kept it for?” I asked out of curiosity.

“Not long. I’ve already written a little today, just to track how I’m feeling. I’m hoping that in years to come, I’ll be able to look back on this day and see how far I’ve come and see how much I’ve learnt.”

“Wow, that is a good idea. Who taught you that?” I asked.

“It’s part of the curriculum at the Mindfulness Academy. It’s not compulsory but it is suggested that you to do it. You should try it, too!”

“I think I will. I’m Summer, by the way,” I introduced myself.

“Hey, Summer. I’m Fern.”

Suddenly, a tutor came to the sofa and directed everyone who was sat down.

“Good morning, everyone. Would you like to follow me, please?” she said. She had gorgeous, long, wavy brown hair that hung over her chest, almost like a mermaid. She wore baggy, green pants paired with a woven, knitted black vest. Some sort of light twinkle sat in her large, brown eyes.

Everyone on the long sofa got up and followed her down a long, wide corridor. The hard, wooden flooring beneath our feet complimented the cream coloured walls, with vintage fashion pictures hanging elegantly from them. The further down the corridor we went and the closer we got to the mindfulness academy, the more the interior décor changed. The regular sized windows grew larger, until eventually all the lighting within the corridor was provided by natural daylight. The fashion pictures were soon replaced with close up shots of nature, and soft, natural music started playing above our heads. Soon, we arrived at a smaller reception. There were plants everywhere, hanging from wooden shelves on the ceiling and sat in large plant pots on the ground. One or two small water fountains sat in the corner of the room, with the sound of running water to be heard wherever you stood. Before we had even started any modules, we were already in a state of relaxation.

The tutor soon stood in front of the reception desk, which was made out of wood, and faced us all with a warm smile on her face.

“A very warm welcome to all of you to the mindful academy here at Moonshot. I’d like to thank you all for being here today and to choose to prioritise your mind and wellbeing. My name is True, and I’m one of the tutors here at the academy. We’re going to head into one of the rooms shortly and we’re going to start on our first lesson. So, if you’d all like to follow me when you’re ready,” she said with a beaming, contagious smile on her face.

We all followed her to a smaller room made of some long, wooden tables and a large, bright window, looking out over a small communal garden filled with flowers and plants. Once everyone had sat and settled down, she got to the front of the class.

“Okay, everyone. Welcome to one of the lesson rooms. I’d like you all to just check in with yourselves and ensure you’re all comfortable and feeling safe. There’s a water fountain just to your right where you can get some water if needed and please let me know if there’s anything I can do,” she explained.

Fern leaned into my ear.

“This woman is really good!” she whispered.

“I know! I feel good already!” I replied.

“So, without further ado, let’s jump into our first lesson. Today we’ll be discussing the moral compass. Now then, can anyone tell me what a moral compass is?” she asked.

Everyone looked at each other, some silently shaking our heads.

“A moral compass or decision-making compass is a tool used to help navigate life in a simple, quick and effective way. Basically, it helps you achieve your goals by ditching negative habits, and replacing them with value driven and authentic decisions instead. Now then, can anyone tell me why this would be an important tool to use if you’re entering the Moonshot Academy?”

I could feel the answer rise up inside me. Looking around, I realised that nobody seemed to want to answer the question, so I raised my hand slowly.

“Is it to help us make the right decisions for ourselves when faced with difficult or important hurdles in our time at Moonshot?” I asked. A smile beamed on her face.

“Exactly. You’re correct,” she responded. “In the Mindfulness Academy, in addition to using tools like meditation, visualisation and breath work, we also encourage students to use a moral compass to help make mindful choices about the daily decisions of their life, and I think this could really help you Summer, if you are trying to make a decision about committing to the Moonshot Academy for the next 12 years of your life.”

“Is this a physical compass?” someone else in the class asked.

“I’m glad you asked! Whilst it’s not a physical compass just like a normal one, a moral compass can be drawn or even used in your mind to ensure that all of the decisions you make are in alignment with your own morals and values. So, with that being said, your task today is as follows:

I want you all to print a copy of your moral compass by accessing the PDF attached to this module, and save to your computer and print from there. Once you’ve done that, it’s time to take a mindful moment to explore how the Mothers & Marketers Moonshot Academy fits into your future life, and whether or not you really want to go ahead with the decision about taking an internship at the Academy.

“Work is an interesting category.

If you look at the compass, you can see that although there is a compass point for work, there are also other categories like, wealth, experiences, daily activities, creative activities, learning and charity too.

Have a think about what’s being offered to you as an intern, and then choose a compass point that you feel is the best representation of what you want to achieve.”

As she said all of this, I couldn’t help but feel a wave of relief wash over me. Maybe this was the best chance for me to be able to decide what I wanted to do. This moral compass might be able to help me make a decision based on my own moral and values.

“Once you’ve got your compass point, it’s time to start journaling. Start by writing down where you want to be in 12 years time.

Finally, choose the value this represents to you, and fill it in the box below. Once you’ve done this for your future, you’re going to transfer it over to your moral compass, and then sit in meditation and contemplate your question, asking yourself the following:

If I make this decision for the future, will it enable me to live the life of my dreams?”

A silence hung in the classroom as she finished talking. It was evident in the stillness of the room that she had made each and every one of us think about our life and future, especially within Moonshot. And I was no exception.

I looked over to Fern who was already looking at me. We both raised our brows, as impressed as ever.

“Okay, so what are you going to put for yours?” she asked me.

“Well, I’m actually here today to work out if I really want to accept an internship with Moonshot. Turns out my Mum did it years ago and there’s some...technicalities. So I’m not sure what to do. I was hoping this compass thing could help me out,” I said.

“Sounds like this would work well for you then. Maybe you should do yours on decision making,” Fern said.

As I could hear everyone around me discuss what they wanted to put down on theirs, I had a feeling of confirmation wash over me. I already felt so much better about being here. And as for the task at hand of thinking where we wanted to be in 12 years time, I could answer that in a heart beat. I wanted to be in Moonshot, learning how to create incredible designs and making amazing clothes. A small smile spread across my face. I felt a sense of belonging. This was definitely the right choice for me.