



Spiritual Compass Exercise

Instructions

Begin by taking three deep, mindful breaths to put yourself into a centered, mindfully present state. Then, write 10 examples of each of the four statements in each quadrant of the attached worksheet.

There will definitely be overlaps in the quadrants, and that's fine.

After you've filled in your 40 words or statements, first whittle the list down to your top five, then your top three different things in each quadrant.

Now, take those 12 different elements, and weave them together into your personal Mission Statement. From this point on, if something in your life doesn't fit into one of those categories, spend some time in prayerful meditation to see if it's time to eliminate it to focus on those things that truly give your life meaning and purpose. It can be enlightening to see how many extraneous things we've allowed to take up our time and resources, and how these distractions can get in the way of living our best spiritual life.

Here is a sample Mission Statement:

The thread that connects everything in my life is my passion to laugh, learn, and love and be loved. By connecting with Spirit, I find the joy in everything, and connect people together. It is essential for me to share my gifts, always be discovering new things, and to be constantly thanking God for all my opportunities. My mission, etched deeply in to my palm and my soul, is to focus on what matters and help others to do so; to dissolve the barriers between realms and to pull the stars within reach for all who desire to touch them.

I LOVE to:

1

2

3

4

5

6

7

8

9

10

Essential for a meaningful life:

(write with non-dominant hand!)

1

2

3

4

5

6

7

8

9

10

I'm GOOD at:

1

2

3

4

5

6

7

8

9

10

People say I was born to:

1

2

3

4

5

6

7

8

9

10

