



Inner Compass

Trusting yourself.



1 What are you navigating?

What decision, question, or situation are you currently navigating?



Hand-drawn writing area with horizontal lines and a starburst in the bottom right corner.

2 Explore Your Compass *Take a few moments to explore each direction.*



What do I know?

What facts or information feel clear?

Four horizontal lines for writing.



What do I feel?

What emotions or reactions are present?

Four horizontal lines for writing.



What do I need?

What would feel supportive right now?

Four horizontal lines for writing.



What matters most?

What values, priorities, or goals feel important here?

Four horizontal lines for writing.

3 What is your Inner Compass pointing toward?

Draw your compass needle toward the direction that feels most important right now.

WHAT MATTERS MOST



4 What is pulling on your compass?

Circle any that apply.

- Curiosity Urgency
- Excitement Tension
- Hope Overwhelm
- Confusion Resistance

5 What feels clear?

What's becoming clearer for you as you look at all of this?

Hand-drawn writing area with horizontal lines and a starburst in the bottom right corner.

6 What feels like the next right step for me?

What is one step that feels supportive, doable, and aligned right now?

Hand-drawn writing area with horizontal lines and a starburst in the bottom right corner.

