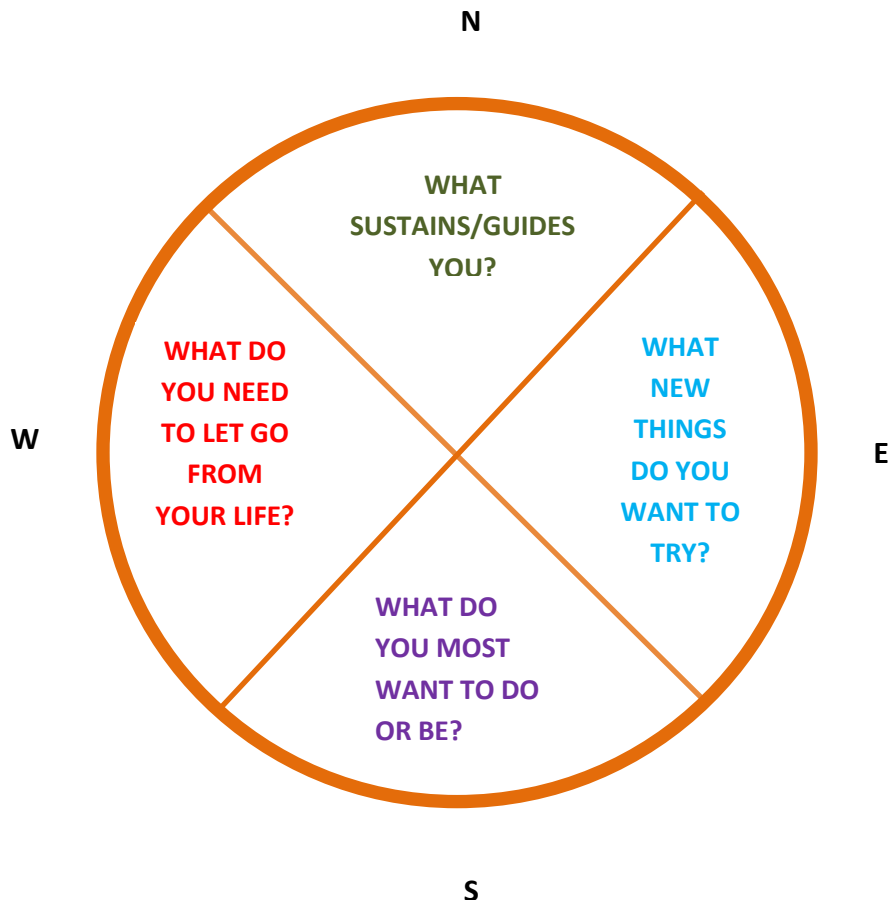




Creating Your Personal Compass

Our needs, wishes and priorities will change many times over the course of our lives, along with the demands on our time and energy. Our own needs and the needs of others may conflict, or we may lose sight of our personal priorities because we are so busy trying to keep up with the business of daily life. It can be helpful to check in ourselves at times like these – taking a look at how our energies are being used and whether our needs, wishes and priorities are getting the attention they need.

Draw your own compass on a sheet of paper.



The image of a personal compass may be useful. A compass lays out the different directions open to us, so consulting our personal compass can help us clarify the direction in which we might choose to move in order to achieve greater balance and feel more centered in our lives

WEST: This area of your compass is for thinking about endings and letting go. Are there beliefs or attitudes that are no longer working for you? Strategies or plans that no longer fit with your values and goals? Goals that are no longer in line with your values? Relationships that no longer represent a positive force in your life? Activities that sap your energies without bringing satisfaction or joy?

NORTH: This area is for thinking about the aspects of your life that provide stability and guidance. Who loves and supports you? Who are your spiritual mentors and guides? What are the sources of your values and beliefs? What grounds you and gives you a sense of stability, centeredness, self-confidence?

SOUTH: This area is for thinking about the sources of your creativity. What gets your creative juices flowing? What inspires you to be the best you can be? What passions or hobbies add joy and stimulation to your life? What dreams motivate you to reach beyond today?

EAST: This area is for thinking about new beginnings. What new activities, relationships, roles, ideas would you like to explore? What new goals would you like to set for yourself? What would you like to try to do differently? What new skills would you like to learn?

Your personal compass is your own – so there are no right or wrong answers. It simply represents an opportunity to think about what is working for you in your life – bringing you joy, satisfaction, peace, feelings of well-being – and what you might like to shift or change.