



YOUR LIFE COMPASS: CHARTING YOUR WAY

Discover what drives you and take intentional steps to live authentically.

1. Reflect on Your Values

Take a few moments in a quiet space. Ask yourself: What matters most to me?

Write down at least three core values. Examples include: Creativity, Freedom, Family, Contribution, Adventure.

My Core Values:

1. _____

2. _____

3. _____

2. Visualize Your Ideal Day

Imagine a day where you are fully aligned with your values. What are you doing? Who are you with? How do you feel?

Write a short description of this ideal day:

3. Set One Intentional Goal

Based on your values and vision, identify one action you can take this week to move closer to your ideal day. Example: If 'freedom' is a value, you might set a goal to start researching locations for a future trip or freelance opportunities.



This Week's Goal:

4. Create a "Life Compass" Statement

Combine your values, ideal day, and goal into a guiding statement. Example: 'I value creativity, freedom, and connection. My ideal life is one where I create meaningful work while traveling and spending time with loved ones. This week, I will plan my next creative project to take one step closer to this life.'

My Life Compass Statement:

5. Take Action

Schedule your action into your calendar. Start with small, manageable steps. Example: If your goal is to plan a creative project, block off 30 minutes on Thursday to brainstorm ideas.

Bonus: Reflect on Your Progress

At the end of the week, reflect on the action you took. Did it feel aligned with your values? What will you do next week to continue this momentum?

"Aspire to Be: Your guide to living life your way."

