



# Weekly Compass Check

Four questions. One honest pass. Stay in the cycle.

WEEK OF:

MY DIRECTION:

## EAST — DISCOVERY

What did I learn or explore this week?

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## SOUTH — ACTION

What did I do or try that I haven't done before?

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## WEST — REFLECTION

What did this week teach me about what I value?

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## NORTH — PURPOSE

What feels clearer to me now than it did last week?

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## ONE THING TO CARRY INTO NEXT WEEK

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