MY GROWTH COMPASS

Weekly Compass Check

Start where you are. Use whichever questions help.

Take a few minutes to consider one situation or your week as a whole. Use whichever questions help. You can leave others unanswered.

Week of

The situation I am considering

Discovery



What caught my attention? What would I like to explore or understand?

Action



What did I try, practice, or follow through on? What happened?

Reflection



What am I learning from these experiences? What might I keep or adjust?

Purpose



What felt meaningful or aligned? When did I feel absorbed and engaged? These may be different moments.

Choose your next direction

Which direction seems useful now?

One question, step, or adjustment to carry forward

When I would like to revisit it

You do not need progress in every direction each week. Use the compass to orient yourself around the life you are actually living.