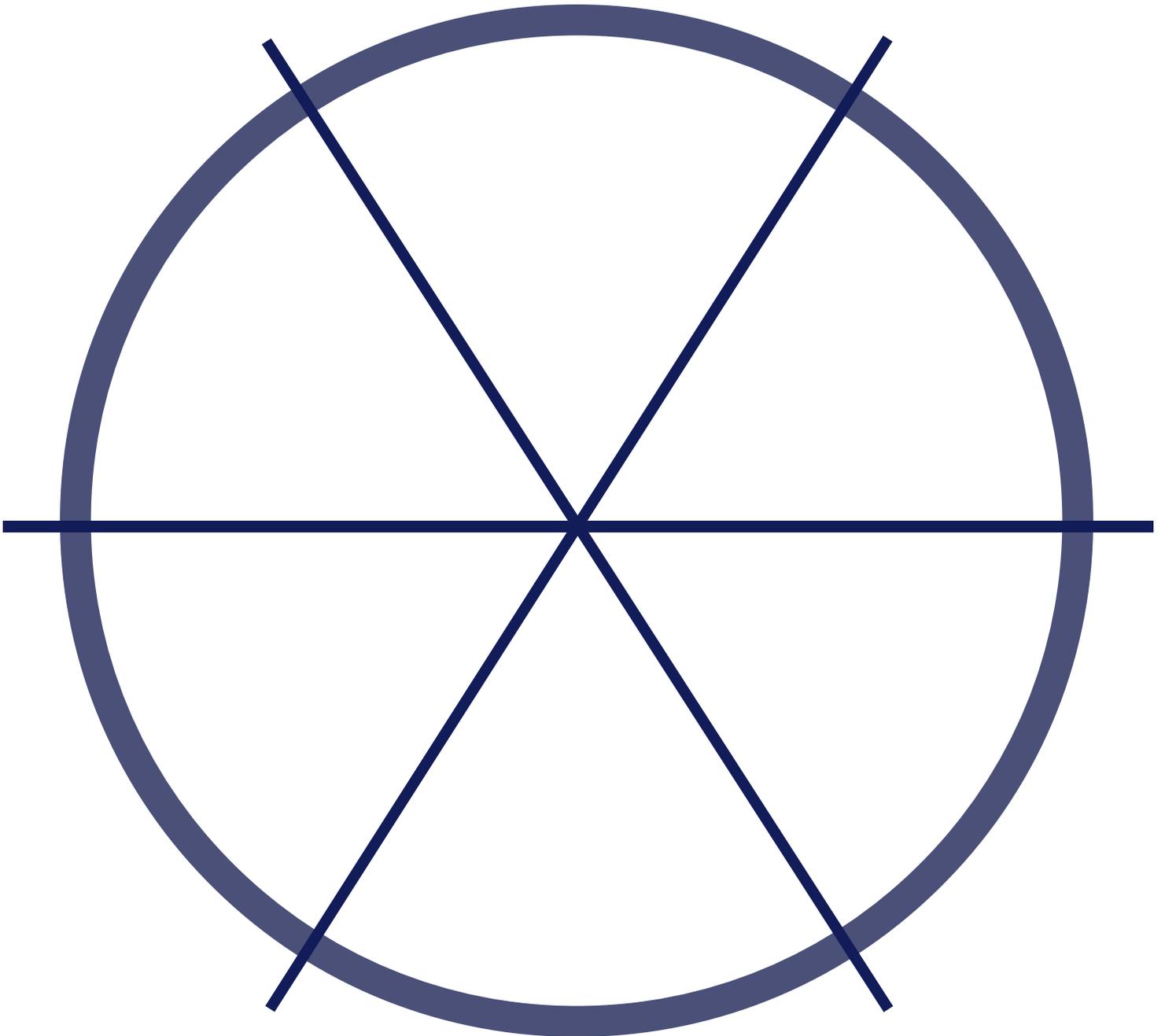


WHO AM I?



Compass Guiding Points

The Compass is a tool which allows one to structure their life. It is designed to support one in identifying the different areas of life which is in a person's control. Then offers guiding questions which work toward ways to take radical responsibility. In doing this one discovers it is only the inner world which can be controlled. It calls us to reflect upon the parts of life which are co-created with the outer world.

The problems, frustrations, stress, and dissatisfaction people experience in the world comes from trying to control what they have no control over. The secret to a life of tranquility is understanding what a person can control, to take full responsibility, identify what one doesn't have control over, and, either co-create them with the world, or disregard them completely.

Popular culture says we can do or impact anything. This is not necessarily true. There are some things in life which cannot be impacted to the same extent. To ignore what is within our control and to focus on what is not is a disservice to ourselves and the world around us. Doing this is to fight against reality, and no one ever wins a fight against reality. Focusing on what one does have control allows us to live a more tranquil, peaceful, and fulfilled life.

Our inner world comprises What We Think, What We Believe, and What We Feel. These are the only areas in life that we have total control over. Answering these questions is the best way to get to know yourself and understand your place in the world. Try asking these questions to help guide you through each compartment.

Inner World

What Do I believe?

About myself?

About the world?

About other people?

About my capabilities?

Do I believe the universe is fundamentally a friendly place for me or not?

What do I think?

Do I identify with all the thoughts I have?

Do I believe all the thoughts I have?

Am I even aware of the thoughts I have?

Who would I be without these thoughts?

What Do I feel?

Do I fully feel all my emotions? Fear, sadness, sorrow, anger, frustration...

Am I able to recognize my emotions when they come up or only after the even has passed?

Do I cover certain emotions with other emotions to spare myself from dealing with them?

Like sadness covered by anger, shame with fear....

Am I able to honestly communicate what I feel to myself?

Our Outer World consists of everything that you have to co-create with the world in order to live a full and rich life. It consists of What You Do In The World, What You Take Care Of, and Who You Share life with. These things you do not have control over and require you to find a way to create and foster them alongside the world.

Outer World

What I do in the world

What are my talents and passions?

Do I express my talents and passions as I live my life?

Am I able to bring my talents and passions to life in a way that supports me?

How can I better bring my talents and passions to the world?

What I take care of

Am I aware of all the different things in my life that I need to take care of (Money, work, possessions, self, mind, body, grooming, clothes, etc.

Am I able to prioritize the important things I take care of from

Do I take of these things to a level that allows me to function well in the world?

How could I improve how I take care of the different parts of my life that I feel I am not taking care of to the level I should?

What could I eliminate from my life that would make taking care of the important things in easier?

Who I share life with

Are all of my relationships serving me?

Am I serving all of my relationships?

Do the people in my life support the person I want to become?

Am I able and willing to extend myself to the most important people in my life? Spouse, partner, family, best friends...

Do the people I love extend themselves for me?

Am I able to prioritize my time in a way that supports the people I have committed to?

Spouse, family, children...

What relationships are positively impacting the person I want to become?

What relationships are negatively impacting the person I want to become?

Am I willing to purge myself of the relationships that are stopping me from becoming the person I want to become?