

Re-setting My Life Compass

Where am I on the Map, to know where to start?

In the main part of each large box, write a few key words about what is important or meaningful to you in this domain of life. What sort of person do you want to be? What sort of personal strengths and qualities do you want to cultivate? What you want to stand for? What do you want to do? How do you ideally want to behave? (If a box seems irrelevant to you, that's okay: just leave it blank. If you get stuck on a box, then skip it, and come back to it later, and it's okay if the same words appear in several or all boxes: this helps you identify core values that cut through many domains of life.) Once you've done that for all boxes, go through them and in the upper small square inside each box, mark on a scale of 0-10 how important these values are to you, at this point in your life: 0 = no importance, 10 = extremely important. (It's okay if several squares all have the same score). Now, in the lower small square inside each box, mark on a scale of 0 - 10 how effectively you are living by these values right now. 0 = not at all 10 = living by them fully (Again, it's okay if several squares all have the same score.) Finally have a good look at what you've written. What does this tell you about: a) What is important in your life? b) What you are currently neglecting? Write one thing in the large section of the box that you can do to strengthen the important domains of your life. Start here with one step!

Career/Work/Vocation		Personal development and growth		Recreation/Leisure/Fun/Joy		Spirituality/anchoring beliefs	

Health/Fitness/Exercise		Rest/Quiet/Calm		Community Engagement/Support	

Family Relationships		Intimate Relationship		Social Relationships	

(Adapted from ACT skills)