



The Compass Within

MODULE 1 Reflection Sheet: *Curiosity - Live Life from the Inside-Out*

Discovery

Spending time in reflection offers you a space to consider your life with fresh eyes. It allows you to discover something new, to see without judgement. Take some time this week for reflection. Discovery requires the willingness and discipline to find a place where you can be quiet, where there are no interruptions.

*What **activities** have you done...?*

- that felt easy and natural?
- that have had a result?
- that have created the result that you wanted?

*What **things** have you done...?*

- that you feel proud of?
- that exceeded your expectations?
- that surprised you?

Reflect on your life. How have you created something tangible? What has it required from you?

What have you created in your life that has generated the most growth within you?



What qualities do you have...?

- that others don't know about?
- that are rarely expressed?
- that feel sustaining to you?
- that are essential to who you are?

Radical Self-Responsibility (for more reflection and exploration)

- *What questions do you need to ask yourself about your life right now?*
- *Do you feel at home with yourself? What would allow that?*
- *Are you able to observe your own actions...without judgement?*
- *What is new today?*
- *What do you need to express?*

When in an emotional situation:

- Take some breaths to release pent up emotion.
- Let your breath take you deeper into your own quiet space.
- When your body feels balanced and calm you can ask yourself questions about the situation.

Explore possible scenarios while listening carefully to your internal dialogue. Are you traveling down familiar pathways in the scenario? If so, flip your perspective. Are there other approaches you could take? Notice if there are other influences which may not appear on the surface. Is there something underneath you cannot quite feel? Be aware of other questions that come to mind. Explore those.

