



The Compass Within

Module 2 Reflection Sheet #2

Did you feel comfortable in your life as you grew up?

Have you felt you were different from your family members, like you were not understood?

Consider the pictures you have about yourself. Do they fit who you feel you are? Perhaps your nature is to dream big, “painting” images in broad swaths of color, while those around you are focused on maintaining the current structure, connecting only the dots that are visible. Is living life like those around you expect of you fulfilling?

Your experiences shaped the way you think about life. It’s how you developed your theories about yourself and the way the world works. Did you decide that the world is a scary place? Have you believed that you were unlovable? Do you have expectations of how you should be?

If you live your life according to your theories, you will constantly judge yourself to see if you measure up. You can aspire to be something, but that doesn’t mean that you can actually live it, or that it even suits your inner nature.

How comfortable do you feel in your life? Are you ready to create new pictures of yourself?

Deepening reflection

Spend time with these questions. Allow them to challenge assumptions that are outdated or not working effectively for you.

- Do you give credence to what your body tells you? Do you pay attention to its signals?
- Have you learned how quiet and calm really feel?
- Do you want to know truth, or do you want to be right?
- Do you know when someone is not telling you the truth?
- How do you know when you are telling the truth; that is, when what you say is aligned with your inner being?
- Are you living the invitation that life offers? Or are you questioning the invitation?
- Do you feel at home with yourself? What would allow that?
- Are you able to observe your own actions?
- Do your actions align with your words?
- Are your words and actions aligned with a picture that extends beyond you? Remember that you are part of a bigger picture of life.