



The Compass Within

Module 5 Reflection Sheet

Reflect on your personal style of interacting with the world. Your style impacts your perception, your action and your timing. These elements work together in manifestation. I've identified 3 styles: the initiator, the director, the actor. We move amongst these at different moments and at different stages of life. However, there is usually one that is your most familiar style, the one where you are most comfortable.

As the ***initiator*** you are at the forefront. You break new ground.

NOTICE:

- *Are your goals connected with your heart's desire?*
- *Are you supported in breaking new ground or do you encounter resistance?*
- *Pay attention to other elements that may need to be added. Remember that your picture continues to evolve.*
- *Is your timing aligned with the unfolding picture? As your picture changes, your timing will need to change. Continue to check-in.*

As the ***director*** you are focused on building the perfect picture.



NOTICE:

- *Do you allow others to participate in your picture?*
- *Does control get in the way of flow?*
- *Is this the right time to act or is there something else that needs to first come into play?*
- *The way in which you work with timing impacts the circumstances you expect.*

As the **actor** you play the role that is expected of you.

NOTICE:

- *Are you acting out someone else's role?*
- *Has someone chosen this role for you?*
- *Are you ready for the role that is aligned with your inner self?*
- *If you sit back waiting, you become subject to the whims of others; the decision gets made without your input. Step forward to add your voice in a new way.*

Life offers you tests along your way. What you may feel as being stuck, could be an opportunity for new learning and growth if you bring your attention to it.

Your inner compass provides you with the means to determine which direction to take and the timing in which to act.

Continuing to discover more about yourself

What kinds of situations open you to self-discovery?

- *What experiences have brought unrecognized talents to light?*
- *What types of interactions with others have helped to shift long-held beliefs and attitudes?*



Each day life brings new opportunities for deeper self-discovery. Every relationship – with friends, family, colleagues – can act as a mirror, reflecting the quality of your own inner relationship.

- *Do you deny your own opinions in your interactions with others?*
- *Do you find yourself caught with judgments?*
- *Take a breath and turn your focus to shine light on your own limiting patterns.*
- *Life situations also act as mirrors, showing you where you are aligned and moving in accordance with inner direction, or where you are stuck in outdated perceptions or expectations.*

Life cannot be lived in a vacuum. Engaging in life allows you to discover more about who you are.

Take time to reflect on what you have learned today.

- *How can you integrate it so that it becomes part of who you are today?*
- *Do you allow it to change the way you think about yourself?*
- *Does it refine your next steps? How?*
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Is change possible?

We all have beliefs and assumptions that frame and form our actions and choices. This foundational structure is rarely examined and seldom questioned. Are any of these familiar to you? “Things are the way that they are.” “This is the right way and that is wrong.” “A leopard doesn’t change its spots.” “Once we reach a certain age our personality is set.” They all suggest that we are stuck with ourselves the way we are.

Yet since you are able to grow, then you are able to change. Who I am today is most definitely not who I was yesterday. Change is constantly taking place in the macrocosm. Nature shows you that as you watch the weather variations each day. How would it not be the same in the microcosm, within you? You remain static only when you are holding on.

Why not experiment with something new? Become the inquisitive researcher. As you try out a new experience or behavior, notice how your awareness expands. When you are present in the moment at hand, you start to align with a feeling of freshness. Old patterns no longer have a



hold, so they drop away, having completed. When you pause and realize that you are responding to a situation differently from how you previously reacted, you can then acknowledge the change.

Change takes time to integrate into your system. Part of that process is recognizing what is different. As old patterns dissolve, you will find new ways to respond to life. It begins with an understanding that change is possible and that it is natural.

