

INNER COMPASS

Reconnecting with values, needs and trusted inner knowledge

AT A GLANCE



An inner compass is a reflective metaphor for the information carried by values, feelings, needs, boundaries, intuition and purpose.

KEY IDEAS

VALUES

What matters and how you want to live.

NEEDS

Conditions that support safety, health and connection.

FEELINGS

Information about your experience and environment.

BOUNDARIES

What you will, will not and cannot take responsibility for.

WHY IT MATTERS



Listening inwardly can support choices that feel more authentic, sustainable and personally meaningful.

PUTTING THE IDEA INTO PRACTICE

1

SLOW DOWN

Create enough quiet to notice your internal response.

2

CHECK IN

Attend to thoughts, feelings and bodily signals.

3

CLARIFY

Name the value or need that matters most here.

4

ACT

Take one small step aligned with that direction.

REFLECTION PROMPTS

1

When do I feel most like myself?

2

What are my non-negotiables?

3

What would I choose if I trusted myself?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.